



# SHELTON COMMUNITY POOL SCHEDULE

[www.cityofshelton.org](http://www.cityofshelton.org), Community Services,  
Recreation Center, On Line Documents

## November 20, 2009 – March 21, 2010

**ADULT SWIM = 18 yrs & up**

**OPEN SWIM = All ages**

**Cancellation Line: 331-4120**  
For info concerning weather-related openings, closings & cancellations.  
*Closed for 30 minutes after last thunderclap.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ADULT SWIM</b> 6:30 - 9:30 am *** H2O Aerobics 8:45 - 9:30 am	<b>ADULT SWIM</b> 6:30 - 9:30 am *** H2O Aerobics 8:45 - 9:30 am	<b>ADULT SWIM</b> 6:30 - 9:30 am *** H2O Aerobics 8:45 - 9:30 am	<b>ADULT SWIM</b> 6:30 - 9:30 am *** H2O Aerobics 8:45 - 9:30 am	<b>ADULT SWIM</b> 6:30 - 9:30 am *** H2O Aerobics 8:45 - 9:30 am	<b>ADULT SWIM</b> 7:30 - 8:30 am	<b>ADULT SWIM</b> 8:00 - 9:30 am
<b>OPEN SWIM</b> 9:30-10:45 am *** Parent/Child 9:30 - 10:30 am *** Preschool 9:30 - 11:00 am *** <b>Locker Rooms</b> Cleared by 11:15	<b>OPEN SWIM</b> 9:30-10:45 am *** Parent/Child 9:30 - 10:30 am *** Preschool 9:30 - 11:00 am *** <b>Locker Rooms</b> Cleared by 11:15	<b>OPEN SWIM</b> 9:30-10:45 am *** Parent/Child 9:30 - 10:30 am *** Preschool 9:30 - 11:00 am *** <b>Locker Rooms</b> Cleared by 11:15	<b>OPEN SWIM</b> 9:30-10:45 am *** Parent/Child 9:30 - 10:30 am *** Preschool 9:30 - 11:00 am *** <b>Locker Rooms</b> Cleared by 11:15	<b>OPEN SWIM</b> 9:30-10:45 am *** Parent/Child 9:30 - 10:30 am *** Preschool 9:30 - 11:00 am *** <b>Locker Rooms</b> Cleared by 11:15	Saturday Swim Lessons Begin 09-12-09  <b>POOL CLOSED</b> 8:30 - 11:45 am for Swim Lessons	<b>OPEN SWIM</b> 9:30-11:45 am *** <b>Special Needs</b> <b>Family Swim</b> <b>Shelton Residents</b> <b>ONLY (6)</b> <b>11:45-1:00 pm</b>
<b>POOL CLOSED</b> 10:45 - 12:00 pm NO LOCKER ROOM ACCESS	<b>POOL CLOSED</b> 10:45 - 12:00 pm NO LOCKER ROOM ACCESS	<b>POOL CLOSED</b> 10:45 - 12:00 pm NO LOCKER ROOM ACCESS	<b>POOL CLOSED</b> 10:45 - 12:00 pm NO LOCKER ROOM ACCESS	<b>POOL CLOSED</b> 10:45 - 12:00 pm NO LOCKER ROOM ACCESS	<b>POOL CLOSED</b> 11:45 - 1:00 pm NO LOCKER ROOM ACCESS	<b>POOL CLOSED</b> 11:45 - 1:00 pm NO LOCKER ROOM ACCESS
<b>ADULT SWIM</b> 12 - 1 pm	<b>ADULT SWIM</b> 12 - 1 pm	<b>ADULT SWIM</b> 12 - 1 pm	<b>ADULT SWIM</b> 12 - 1 pm	<b>ADULT SWIM</b> 12 - 1 pm	<b>POOL CLOSED</b> Locker Rooms Cleared by 12:00	<b>POOL CLOSED</b> Locker Rooms Cleared by 12:00
<b>OPEN SWIM</b> 1 - 2:45 pm *** Physical Therapy 1:30 - 2:30 pm 2 Lanes	<b>OPEN SWIM</b> 1 - 2:45 pm *** Physical Therapy 1:00 - 2:00 pm 2 Lanes	<b>OPEN SWIM</b> 1 - 2:45 pm *** Physical Therapy 1:30 - 2:30 pm 2 Lanes	<b>OPEN SWIM</b> 1 - 2:45 pm *** Physical Therapy 1:00 - 2:00 pm 2 Lanes	<b>OPEN SWIM</b> 1 - 2:45 pm *** Physical Therapy 1:30 - 2:30 pm 2 Lanes	<b>OPEN SWIM</b> 1 - 3:30 pm	<b>OPEN SWIM</b> 1 - 3:30 pm
<b>POOL CLOSED</b> 2:45-5:00 pm <i>SHS Boys Swim</i> <i>Team (4)</i>	<b>POOL CLOSED</b> 2:45-4:30 pm <i>SHS Boys Swim</i> <i>Team (4)</i>	<b>POOL CLOSED</b> 2:45-5:00 pm <i>SHS Boys Swim</i> <i>Team (4)</i>	<b>POOL CLOSED</b> 2:45-4:30 pm <i>SHS Boys Swim</i> <i>Team (4)</i>	<b>POOL CLOSED</b> 2:45-5:00 pm <i>SHS Boys Swim</i> <i>Team (4)</i>	<b>POOL CLOSED</b> 3:30 pm <b>Locker Rooms</b> Cleared by 4:00	<b>POOL CLOSED</b> 3:30 pm <b>Locker Rooms</b> Cleared by 4:00
<b>ADULT SWIM</b> 5 - 6 pm	<b>OPEN SWIM</b> 4:30 - 6:45 pm <b>NO LAP SWIM</b> *** Swim Lessons 4:30 - 6:45 pm 2 Lanes *** Shelton/Monroe Swim Team (5) 4:30 - 7 pm 4 Lanes *** Scuba - 2 Lanes 6 - 9 pm	<b>ADULT SWIM</b> 5 - 6 pm	<b>OPEN SWIM</b> 4:30 - 6:45 pm <b>NO LAP SWIM</b> *** Swim Lessons 4:30 - 6:45 pm 2 Lanes *** Shelton/Monroe Swim Team (5) 4:30 - 7 pm 4 Lanes *** Scuba - 2 Lanes 6 - 9 pm	<b>(6) ADULT SWIM</b> 5 - 6 pm	<p><b>PLEASE NOTE:</b></p> <ol style="list-style-type: none"> <li><i>SPECIAL PROGRAMS may be scheduled in at any time!</i></li> <li>CIRCLE SWIMMING MUST BE FOLLOWED with 2 or MORE swimmers in any lane.</li> <li><b>LOCKER ROOM ACCESS is 5 minutes before the pool opens at anytime. NO EXCEPTIONS!</b></li> <li><i>SHS Boys Swim Team</i> begins 11/30/09 &amp; ends 03/19/10. Pool schedule will resume after <b>home meets: 12/18/09; 12/22/09; 01/15/10; 01/26/10; 01/29/10; 02/09/10.</b></li> <li>Shelton/Monroe Swim Team begins 09/21/09 &amp; ends 03/20/10. <b>Pool Closed for meets – 12/04/09, 12/05/09, 01/15/10.</b></li> <li><b>Special Needs Family Swim</b> for <b>Shelton Residents Only</b> who have a child with special needs <b>runs 09/13/09 through 12/27/09. Special Olympics begins 01/22/10 &amp; ends 05/30/10.</b></li> <li>Pool Closed for <b>Holidays: 11/23-27/09, 12/25/09, 01/01/10, 01/18/10, 02/12/10 &amp; 02/15/10.</b></li> </ol> <p><b>POOL:</b> 25 x 20 yards, 8 lanes, 4' - 9' deep</p> <p><b><u>POSITIVELY NO DIVING.</u></b></p>	
<b>OPEN SWIM</b> 6 - 8:45 pm <b>NO LAP SWIM</b> *** Swim Lessons 6 - 8:15 pm 2 Lanes *** Shelton/Monroe Swim Team (5) 6 - 8:45 pm 4 Lanes *** Shelton/Monroe Swim Team (5) 8:45 - 9:30 pm 8 Lanes Locker Rooms Cleared by 9:45 pm	<b>POOL CLOSED</b> @ 6:45 pm 7 - 8 pm Scuba / Master's Swimming - 2 Lanes *** H2O Aerobics/Adult Lessons 7 - 7:45 pm	<b>OPEN SWIM</b> 6 - 8:45 pm <b>NO LAP SWIM</b> *** Swim Lessons 6 - 8:15 pm 2 Lanes *** Shelton/Monroe Swim Team (5) 6 - 8:45 pm 4 Lanes *** Shelton/Monroe Swim Team (5) 8:45 - 9:30 pm 8 Lanes Locker Rooms Cleared by 9:45 pm	<b>POOL CLOSED</b> @ 6:45 pm 7 - 8 pm Scuba / Master's Swimming - 2 Lanes *** H2O Aerobics/Adult Lessons 7 - 7:45 pm	<b>OPEN SWIM</b> 6 - 8:45 pm *** Shelton/Monroe Swim Team (5) 6 - 8:45 pm 4 Lanes *** Shelton/Monroe Swim Team (5) 8:45 - 9:30 pm 8 Lanes Locker Rooms Cleared by 9:45 pm		
<b>POOL CLOSED</b> @ 8:45 pm <b>Locker Rooms</b> Cleared by 9:00	<b>POOL CLOSED</b> @ 8:45 pm <b>Locker Rooms</b> Cleared by 9:00	<b>POOL CLOSED</b> @ 8:45 pm <b>Locker Rooms</b> Cleared by 9:00	<b>POOL CLOSED</b> @ 8:45 pm <b>Locker Rooms</b> Cleared by 9:00	<b>POOL CLOSED</b> @ 8:45 pm <b>Locker Rooms</b> Cleared by 9:00		

Pool Schedule

# SHELTON POOL RULES & REGULATIONS

- 1) Admission by presentation of membership card or receipt for payment of a daily \$4 fee. Sunday admission by receipt of payment for a special \$2 fee. **Exact change is required.** Replacement fee for a lost membership card is \$5/card.
- 2) *A minimum of 2 lifeguards must be in attendance while the pool is in use. Do not visit with the lifeguards on duty.*
- 3) Children under 12 years of age ***must be accompanied into the water and supervised by an adult at least 18 years of age.*** All non-swimming (*unable to make & maintain good forward progress in the water unassisted or unsupported by an adult or floatation device*) children require two-on-one adult supervision. Any adult accompanying a non-swimming (*unable to make & maintain good forward progress in the water unassisted or unsupported by an adult or floatation device*) child may be no more than one arms length away from the child while in the pool. Make & maintain good forward progress requires swimming 25 yards non-stop with a stroke on the front or the back or a combination. *Children under 7 years of age may accompany the opposite sex parent into the locker rooms.*
- 4) Spectators must remain in the gallery. **Everyone must remove street shoes (street shoes are ANY TYPE of footwear worn at anytime outside the pool area) upon entering the locker rooms and the pool deck.**  
*All spectators are to follow the direction of the pool staff while pool is in session.*
- 5) **State Laws:**
  - a) **Bathing suits only** in the pool. *Cut-offs, T-shirts, disposable diapers or Bermuda shorts are not permitted.*
  - b) **Infants and untrained children must wear tight fitting rubber pants.** Disposable diapers or disposable swim diapers are not allowed.
  - c) **All persons shall bathe with warm water and soap immediately before entering the pool.**
  - d) **Persons with severe infections or cuts are not permitted in the water.**
  - e) **Spitting or blowing of the nose into the pool or gutters is prohibited.**
- 6) **No diving, running, horseplay, smoking, food, beverages, gum, glass containers or bottles** allowed in the pool area, locker rooms, shower, or gallery.
- 7) Beach balls, inner tubes, bubbles, water wings, inflatables, face masks\*, snorkels\*, fins\*, etc. are not allowed during general swim hours. \*Require a doctor's note for therapeutic use. *Lifejackets/PFD's are allowed at the pool staff's discretion and must be U. S. Coast Guard approved.*
- 8) **No bandages** or bobbie pins allowed in the pool.
- 9) Only one person on a ladder at a time.
- 10) Recreational swim hours will be posted and printed copies made available.
  - a) Rental request by written application 30 days in advance.
  - b) *The Parks & Recreation Department reserves the right to schedule swim lessons, adult lessons, team practices, swim meets, special events, & to limit the capacity of the pool for health & safety reasons, at anytime.*
  - c) Patrons must leave the pool area 15 minutes before closing time and clear the locker room facilities by closing time.
- 11) **Violation of any rules may result in loss of pool privileges.** Amendment to pool rules voted into effect 2/6/1992.
  - a) **Amendment** - Any patron who becomes **verbally abusive**, or does not adhere to the rules and regulations adopted by the Parks and Recreation Commission will be suspended as follows:
    - 1<sup>st</sup> Offense = 1 month suspension
    - 2<sup>nd</sup> Offense = 6 month suspension
    - 3<sup>rd</sup> Offense = Indefinite suspension
  - 1) **Any threat of physical abuse will result in an indefinite suspension.**

Any patron suspended may make a written request for a hearing before the Parks and Recreation Commission within 5 days of receipt of notification of suspension.