

# Bond Community Center Pool Schedule

Effective January 1 - January 31, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 8:00am Open Swim Circle Swim (3 lanes) (1 lane)	5:30am - 12:30pm Open Swim Circle Swim (3 lanes) (1 lane)	5:30am - 8:00am Open Swim Circle Swim (3 lanes) (1 lane)	5:30am - 12:30pm Open Swim Circle Swim (3 lanes) (1 lane)	5:30am - 8:00am Open Swim Circle Swim (3 lanes) (1 lane)		
8:00am - 8:45am Aqua Splash Open Swim (South end) (North end)		8:00am - 8:45am Aqua Splash Open Swim (South end) (North end)		8:00am - 8:45am Aqua Splash Open Swim (South end) (North end)		
9:00am - 9:45am SilverSplash Open Swim (South end) (North end)		9:00am - 9:45am SilverSplash Open Swim (South end) (North end)		9:00am - 9:45am SilverSplash Open Swim (South end) (North end)		
9:45pm - 1:00pm Open Swim Circle Swim (3 lanes) (1 lane)		9:45pm - 12:30pm Open Swim Circle Swim (3 lanes) (1 lane)		9:45pm - 5:00pm Open Swim Circle Swim (3 lanes) (1 lane)		
12:30pm - 1:00pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED		12:00pm - 4:30pm Open Swim Circle Swim (3 lanes) (1 lane)
1:00pm - 3:00pm NEW View Open Swim (where space is available)						
3:00pm - 7:30pm Open Swim Circle Swim (3 lanes) (1 lane)	3:30pm - 5:00pm The Zone and Open Swim (4 lanes)	3:30pm - 4:30pm Open Swim Circle Swim (3 lanes) (1 lane)	3:30pm - 5:00pm Open Swim Circle Swim (3 lanes) (1 lane)	3:30pm - 5:00pm Open Swim Circle Swim (3 lanes) (1 lane)		
	5:00 - 5:45pm Open Swim Circle Swim (3 lanes) (1 lane)	4:30pm - 5:15pm Deep Splash Open Swim (Middle) (where space is available)	5:00 - 5:45pm Aqua Splash Open Swim (South end) (North end)		<p><b>The pool will be open 12:30pm - 3:30pm on the weekdays the Oconto School District has a full day off from school. The current pool schedule remains in effect during any snow days or half-days.</b></p>	
	5:45pm - 7:30pm Swim Open Swim Lessons (if space is available)	5:15pm - 7:30pm Open Swim Circle Swim (3 lanes) (1 lane)	5:45pm - 7:30pm Swim Open Swim Lessons (if space is available)	5:00pm - 7:30pm Family Swim (All 4 lanes)		

Last Updated Dec. 10, 2007

Lifeguards will enforce this pool schedule so that everyone may enjoy the activities they use the pool for. The Bond Community Center facility closes at 8:00pm Monday - Friday and 4:00pm Saturday & Sunday. The primary activity is shaded. It has priority over space & music.

## EXPLANATION OF TERMS

- OPEN SWIM** Multiple activities may take place depending on space available. Anyone who needs a flotation device to swim MUST be accompanied by an adult who is no more than 1 arm length away at all times.
- CIRCLE SWIM** Lap swimming. Lanes will be shared. Multiple people may use a lane at the same time.
- FAMILY SWIM** Children under 18 must be accompanied by parent/adult in the water.

## POOL RULES AND GUIDELINES

- The pool deck is slippery - please walk!



- Food, drink or gum is not allowed on the pool deck or in the pool.
- Engaging in rough play in or around the pool is not allowed. Avoid dunking, splashing, or pushing others.
- Failure to follow the rules or instructions from the lifeguards may result in a "time-out" on the pool deck or dismissal from pool area.
- Cubes, barbells, balls and noodles are available to use at all times. Kickboards and flippers are available for adult lap swimmers. Any other equipment in the pool area is not allowed to be used. Please ask the lifeguards before you borrow any equipment.
- Inflatable floatation devices are not allowed in the pool. Pool toys from home are allowed, but keep in mind that we are not responsible for lost or stolen items.
- No diving in any part of the pool. Feet first, forward jumps only. No flips, twists, or inwards off the side. Wait until people in the water are safely out of the way before entering the water.
- Shower before entering the pool and after using the toilet facilities.
- Please remove any band-aids before entering the pool. Do not enter the pool if you have a communicable disease or an open cut.
- Please wear the appropriate swim wear while using the pool.
- Please remove street shoes before entering the pool deck.
- Please refrain from hanging on the lap lanes or ladders.
- Children who are not toilet must wear a swim diaper while in the pool. Various sizes are available to purchase at the front desk.
- Please do not swear, scream unnecessarily, or yell for help if you do not need it.

### **WHIRLPOOL RULES AND GUIDELINES**

- Anyone over the age of 12 may use the whirlpool. For those under 12 years old, please see the front desk for usage guidelines.
- Please shower before using the whirlpool.
- Persons with heart disease, diabetes, or high or low blood pressure should not use the whirlpool.
- Pregnant women should consult their doctor before using the whirlpool.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness or fainting.
- For safety reasons, please refrain from completely submerging in the whirlpool

### **CIRCLE SWIM GUIDELINES**

- Circle swim is used so that multiple people can use a single lane for lap swimming
- People should swim on the right side when swimming down & back, passing slower swimmers on the left.

### **POOL INFORMATION**

#### *LARGE POOL*

Temperature - 86 degrees

Patron Capacity - 158

Minimum depth is 3'6" and maximum depth is 5'6"

1 length = 25 yards (Length = from one side of the pool to the other, Lap = 2 lengths)

18 lengths = 9 laps = .25 miles

36 lengths = 18 laps = .50 miles

54 lengths = 27 laps = .75 miles

72 lengths = 36 laps = 1.0 miles

#### *WHIRLPOOL*

Temperature - 104 degrees

Patron Capacity - 8

***FOR MORE INFORMATION, PLEASE  
CALL THE BOND COMMUNITY  
CENTER AT (920) 834-5585***