

Bond Community Center Pool Schedule

Effective September 1 - September 30, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30am - 8:00am Open Swim (3 lanes) Circle Swim (1 lane)	5:30am - 10:00am Open Swim (3 lanes) Circle Swim (1 lane)	5:30am - 8:00am Open Swim (3 lanes) Circle Swim (1 lane)	5:30am - 10:00am Open Swim (3 lanes) Circle Swim (1 lane)	5:30am - 8:00am Open Swim (3 lanes) Circle Swim (1 lane)		<p>Pool Closed in September</p>	
8:00am - 8:45am Aqua Splash (South end) Open Swim (North end)		8:00am - 8:45am Aqua Splash (South end) Open Swim (North end)		8:00am - 8:45am Aqua Splash (South end) Open Swim (North end)	8:00am - 9:00am Open Swim (3 lanes) Circle Swim (1 lane)		
9:00am - 9:45am SilverSplash (South end) Open Swim (North end)	10:00am - 10:45am Aqua Splash (South end) Open Swim (North end)	9:00am - 9:45am SilverSplash (South end) Open Swim (North end)	10:00am - 10:45am Aqua Splash (South end) Open Swim (North end)	9:00am - 9:45am SilverSplash (South end) Open Swim (North end)	9:00am - 10:45am Open Swim (3 lanes) Circle Swim (1 lane)		
9:45am - 12:30pm Open Swim (3 lanes) Circle Swim (1 lane)	11:00am - 11:45am Fibro/Parkinson's class (North end) 11:45am - 12:30pm Open Swim (3 lanes) Circle Swim (1 lane)	9:45am - 12:30pm Open Swim (3 lanes) Circle Swim (1 lane) NEW view	11:00am - 11:45am Hip, knee, & back class (North end) 11:45am - 12:30pm Open Swim (3 lanes) Circle Swim (1 lane)	9:45am - 12:30pm Open Swim (3 lanes) Circle Swim (1 lane)	10:45am - 2:30pm Open Swim (3 lanes) Circle Swim (1 lane)		
12:30pm - 3:30pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED	12:30pm - 3:30pm POOL CLOSED			
3:30pm - 5:45pm Open Swim (3 lanes) Circle Swim (1 lane)	3:30pm - 5:00pm The Zone Open Swim	3:30pm - 5:15pm Open Swim (3 lanes) Circle Swim (1 lane)	3:30pm - 7:30pm Open Swim (3 lanes) Circle Swim (1 lane)	3:30pm - 5:00pm Open Swim (3 lanes) Circle Swim (1 lane)	<p>The current pool schedule will remain in effect when the Oconto School District has any snow days, full days, or half-days of school.</p>		
5:45pm - 7:30pm Open Swim (3 lanes) Circle Swim (1 lane)	5:00pm - 7:30pm Open Swim (3 lanes) Circle Swim (1 lane)	5:15pm - 7:30pm Aqua Splash (South end) Circle Swim (1 lane)		5:00pm - 7:30pm Open Swim (3 lanes) Circle Swim (1 lane)			

Last Updated July 27, 2010

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 3:00pm 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.

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.
- Please do not swear, scream unnecessarily, or yell for help if you do not need it.

WHIRLPOOL RULES AND GUIDELINES

- Due to the high temperature of the water, only people who are over 6 years of age may use the whirlpool.
- 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

Average 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

Average Temperature - 103 degrees

Patron Capacity - 8

For more information, Please call the Bond Community Center at (920) 834-5585 or visit the website at www.bondcommunitycenter.com