

# PLEASANT VALLEY POOL SCHEDULE

Pleasant Valley Pool is located at 1030 Temple Ave. Pleasant Valley Pool phone number: 987-8198

## PLEASANT VALLEY POOL~*SPRING SCHEDULE THROUGH SUNDAY JUNE 18*

### LAP AND RECREATIONAL/FAMILY SWIM HOURS

Morning Lap Swim .....	M-F & Su .....	6:00am - 8:45am
Lunch Time Lap Swim .....	M-Su .....	11:45am - 1:15pm
Evening Lap Swim .....	M, W, F .....	7:00pm - 8:30pm
Recreational/Family Swim .....	Sa & Su .....	1:30pm - 3:30pm

### AQUATIC CLASSES AND SWIM LESSONS

Morning Aqua Fitness .....	M, W, F .....	9:00am - 10:00am
Therapeutic Swim .....	M, W, F .....	10:15am - 11:30am
Twinges in the Hinges .....	M, W, F .....	1:30pm - 2:30pm
Deep Water Cardio-Sculpt .....	T, Th .....	9:00am - 10:00am
Evening Aqua Fitness .....	T, Th .....	7:15pm - 8:15pm
Weekday Swim Lessons .....	M, T, W .....	5:30pm - 7:00pm
Saturday Swim Lessons .....	Sa .....	8:00am - 11:30am

## PLEASANT VALLEY POOL~*SUMMER SCHEDULE BEGINNING MONDAY JUNE 19 – SATURDAY AUGUST 26*

PLEASANT VALLEY POOL IS CLOSED SUNDAY, AUGUST 27 FOR RENOVATION AND REPAIRS

### LAP SWIM HOURS

AM Lap Swim .....	M-F .....	6:00am - 7:30am
AM Lap Swim .....	Sundays .....	6:00am - 8:45am
Lunch Time Lap Swim .....	M, W, F .....	12:00pm - 1:00pm
Noon Lap Swim .....	Sa & Su .....	11:45am - 1:30pm
Evening Lap Swim .....	M, W, F .....	8:00pm - 9:00pm

### AQUATIC CLASSES & RECREATIONAL SWIM

AM Aqua Fitness Class .....	M, W, F .....	7:45am - 8:45am
PM Aqua Fitness Class .....	T, Th .....	7:45pm - 8:45pm
Deep Water Cardio Sculpt .....	T, Th .....	7:45am - 8:45am
Twinges in the Hinges & Therapeutic Swim .....	M, W, F .....	1:00pm - 1:50pm
Recreational Swim .....	M-Su .....	2:00pm - 3:50pm

### SWIM LESSONS

Weekday AM Swim Lessons .....	M-F .....	8:50am - 12:00pm
Weekday PM Swim Lessons .....	M-F .....	4:00pm - 6:00pm
Saturday Swim Lessons .....	Sa .....	8:00am - 11:30am

## POOL SAFETY RULES

To help ensure your safety and enjoyment while swimming at Pleasant Valley Pool, please abide by the following rules:

1. Shower before entering pool.
2. Bathing suits must be worn while swimming (no shorts, shirts, or undergarments in pool).
3. No food, beverages, or gum/candy is allowed in the facility.
4. Only clear plastic bottles of water are allowed on the pool deck.
5. No running in the facility.
6. Children who are not potty trained must wear plastic pants over diapers and/or swimming diapers.
7. Only properly fitted U.S.C.G.A. (United States Coast Guard Approved) lifejackets are to be worn.
8. No smoking in the facility, on the outside patio or within 30 feet of the building.
9. No hanging on lane lines or life ropes.
10. No inflatable devices or toys allowed in pool.
11. Swimmers with shoulder length hair or longer must secure it with a hair tie prior to entering the pool.

Entrance into Pleasant Valley Pool indicates agreement to follow the rules and the lifeguard's instructions. Failure to do so may result in exclusion from the facility.

## PLEASANT VALLEY POOL FEES

*Adult & Youth .....	\$3.00
*Adult & Youth 10 entry pass .....	\$27.00
Aqua Fitness 10 entry pass .....	\$40.00
*Cardio Sculpt 10 entry pass .....	\$40.00

A 25% surcharge is applied to all out of district residents.

\*Not valid for Aquafitness or Deep Water Cardio Sculpt classes.

Children age 3 and under are free.

Senior citizens 62 years and older receive a 10% discount.

**NOW ACCEPTING APPLICATIONS FOR LIFEGUARD POSITIONS! APPLY TODAY!**