



# FLAGSTAFF AQUAPLEX

## SUMMER SWIMMING POOL HOURS

### JUNE 3 -AUGUST 4, 2018

#### **OPEN HOT TUB** (6 years old & up)

6am-8:45pm daily

Age restrictions apply.

Thursdays Hot Tub CLOSED from 9:30am-10:30am for routine maintenance

#### **RECREATION SWIM**

Monday/ Wednesday: 1pm-4:50pm & 7pm-8:45pm

Tuesday/ Thursday: 1pm-4:50pm & 7pm-8:45pm

Friday: 1pm-8:45pm

Saturday: 1pm-8:45pm

Sunday: 1pm-5:45pm

#### **LAP SWIM** (12 years old & up)

Lanes may be removed for swim lesson programming

Monday– Thursday: 6am-9am & 12pm-1pm

Friday: 6am-1pm

Saturday: 6am-1pm (2 lanes only from 9am-12pm due to group swim lessons)

Sunday: 10am-1pm

#### **OPEN WATER WALKING** (12 years old & up)

Monday-Thursday: 6am-1pm (lazy river only from 9am-12pm) & 5pm-7pm (lazy river only)

Friday: 6am-1pm

Saturday: 6am-1pm

Sunday: 10am-1pm

#### **WATER AEROBICS CLASS** (12 years old & up)

Wednesday/Friday: 8am-9am (splash pool)

Monday/Wednesday/Friday: 12pm-1pm (splash pool)

Saturday/ Sunday: 12pm-1pm (splash pool)

#### **AQUA BOOT CAMP** (12 years old & up)

Mondays: 8-9am (splash pool/ lazy river)

#### **PARENT TOT PLAYTIME** (5 years old and under ONLY w/ chaperone 14 years old or older)

Chaperones MUST be in water and within arms reach.

Children and chaperone allowed in activity area and cove area only. NO lap pool or lazy river access permitted.

Friday: 9am-1pm

Saturday: 9am-1pm

Sunday: 10am-1pm

#### **GROUP SWIM LESSONS**

*“Do you have any need for additional assistance or reasonable accommodations to ensure that you have equal accessibility, opportunity, and enjoyment of the facility, programs and/or equipment offered? If Yes, please let staff or state so on your activity registration form, and we will do our best to provide you with a reasonable accommodation that meets your needs”*



# SUMMER SWIMMING POOL HOURS

## JUNE 3-AUGUST 4, 2018

### OPEN HOT TUB

(6 YEARS OLD & UP)

6am- 8:45pm daily. age restrictions apply.

## MONDAY

### Recreation Swim:

1pm-4:50pm & 7pm-8:45pm

### Lap Swim:

6am-9am & 12pm-1 pm

(12 years old & up)

### Open Water Walking:

6am-1 pm (lazy river only from  
9am-12 pm)

& 5pm-7pm (lazy river only)

(12 years old & up)

### Water Aerobics Class:

12pm-1pm (lap pool)

(12 years old & up)

### Aqua Boot Camp Class:

8am-9pm (splash pool/ lazy river)

(12 years old & up)

### Group Swim Lessons

9am-12pm & 5pm-7pm

(pool area closed during this time)

## FRIDAY

### Recreation Swim:

1pm-8:45pm

### Parent Tot Playtime:

9am-1pm

(5 years old and under)

### Lap Swim:

6am-1pm

(12 years old & up)

### Open Water Walking:

6am-1pm

(12 years old & up)

### Water Aerobics Class:

8am-9am (splash pool)

& 12pm-1pm (lap pool)

(12 years old & up)

## TUESDAY & THURSDAY

### Recreation Swim:

1pm-4:50pm & 7pm-8:45pm

### Lap Swim:

6am-9am & 12pm-1 pm

(12 years old & up)

### Open Water Walking:

6am-1 pm (lazy river only from  
9am-12 pm)

& 5pm-7pm (lazy river only)

(12 years old & up)

### Group Swim Lessons:

9am-12pm & 5pm-7pm

## SATURDAY

### Recreation Swim:

1pm-8:45pm

### Parent Tot Playtime:

9am-1pm

(5 years old and under)

### Lap Swim:

6am-1pm

(12 years old & up)

### Open Water Walking:

6am-1pm

(12 years old & up)

### Water Aerobics Class:

12pm-1pm (splash pool)

### Group Swim Lessons:

9am-12pm

## WEDNESDAY

### Recreation Swim:

1pm-4:50pm & 7pm-8:45pm

### Lap Swim:

6am-9am & 12pm-1 pm

(12 years old & up)

### Open Water Walking:

6am-1 pm (lazy river only from  
9am-12 pm)

& 5pm-7pm (lazy river only)

(12 year old & up)

### Water Aerobics Class:

8am-9am (splash pool)

& 12pm-1pm (lap pool)

(12 years old & up)

### Group Swim Lessons:

9am-12pm & 5pm-7pm

(pool area closed during these times)

## SUNDAY

### Recreation Swim:

1pm-5:45pm

### Parent Tot Playtime:

10am-1pm

(5 years old and under)

### Lap Swim:

10am-1pm

(12 years old & up)

### Open Water Walking:

10am-1pm

(12 years old & up)

### Water Aerobics Class:

12pm-1pm (splash pool)

### **PLEASE KEEP IN MIND...**

- You must be 12 years of age or older for adult/youth fitness activities.
- Parent Tot Playtime is only for children 5 years old and under.
- Parent Tot Playtime participants are NOT allowed in the lazy river, lap pool, or hot tub.
- During Parent Tot Playtime, Children MUST have an adult or chaperone 14 years old or older in the water within arms reach at ALL times.
- Children under the age of 6 are NOT allowed in the hot tub. Children 6 to 11 MUST be actively supervised at all times. Children 12 years old & up are allowed in Hot Tub unsupervised.
- Please limit Hot Tub use to 15 minutes due to health reasons.
- Hot Tub CLOSED on Thursdays from 9:30am-10:30am for routine maintenance.