



# Flagstaff Aquaplex

## SPRING SWIMMING POOL HOURS

### January 2– May 25, 2019

#### **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 (all ages)**

Monday & Wednesday: 1pm-8:45pm

(5pm-7pm some areas may be reserved for swim lessons)

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

Friday & Saturday: 1pm-8:45pm

Sunday: 1pm-5:45pm

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

Monday / Wednesday: 6am-1pm

Tuesday / Thursday: 6am-1pm & 5pm-7pm

(5pm-7pm some areas may be reserved for swim lessons)

Friday & Saturday: 6am-1pm

(9am-12pm some areas may be reserved for swim lessons)

Sunday: 10am-1pm

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

Monday / Wednesday: 6am-1pm

Tuesday / Thursday: 6am-1pm & 5pm-7pm

(5pm-7pm some areas may be reserved for swim lessons)

Friday & Saturday: 6am-1pm

(9am-12pm some areas may be reserved for swim lessons)

Sunday: 10am-1pm

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

Monday / Wednesday/Friday: 8am-9am

Friday: 8am-9am & 12pm-1pm

Saturday & Sunday: 12-1pm

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

Children/Chaperones allowed in activity area and cove area ONLY.

\*No lap pool or lazy river access permitted\*

Monday - Friday: 9am-1pm

Saturday: 9am-1pm

Sunday: 10am-1pm

#### **GROUP SWIM LESSONS (Starting in middle of January thru middle of May)**

Monday - Thursday: 5pm-7pm

Saturday: 9am-12pm

*“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”*



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## SPRING SWIMMING POOL HOURS

January 2– May 25 2019

### MONDAY / WEDNESDAY

**Recreation Swim:**

1pm-8:45pm

**Lap Swim & Open Water Walking:**

6am-1pm  
(12 years old & up)

**Water Aerobics Class:**

8am-9am  
(12 years old & up)

**Parent Tot Play Time:**

9am-1pm  
(5 years old and under)

**Group Swim Lessons:**

(Starting in middle of Jan. thru middle of May)  
5pm-7pm

### TUESDAY / THURSDAY

**Recreation Swim:**

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

**Lap Swim & Open Water Walking:**

6am-1pm & 5pm-7pm  
(12 years old & up)

**Parent Tot Play Time:**

9am-1pm  
(5 years old and under)

**Group Swim Lessons:**

(Starting in middle of Jan. thru middle of May)  
5pm-7pm

### FRIDAY

**Recreation Swim:**

1pm-8:45pm

**Lap Swim & Open Water Walking:**

6am-1pm  
(12 years old & up)

**Water Aerobics Class:**

8am-9am & 12pm-1pm  
(12 years old & up)

**Parent Tot Play Time:**

9am-1pm  
(5 years old and under)

### SATURDAY

**Recreation Swim:**

1pm-8:45pm

**Lap Swim & Open Water Walking:**

6am-1pm  
(12 years old & up)

**Water Aerobics Class:**

12pm-1pm  
(12 years old & up)

**Parent Tot Play Time:**

9am-1pm  
(5 years old and under)

**Group Swim Lessons:**

(Starting in middle of Jan. thru middle of May)  
9am-12pm

### SUNDAY

**Recreation Swim:**

1pm-5:45pm

**Lap Swim & Open Water Walking:**

10am-1pm  
(12 years old & up)

**Water Aerobics Class:**

12pm-1pm  
(12 years old & up)

**Parent Tot Play Time:**

10am-1pm  
(5 years old and under)

### **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
- Children in the pool who are 5 and under MUST have an adult or chaperone 14 years old or older in the water with them at all times
- During lesson times, some areas of the pool may be closed.
- Children 5 & under are NOT allowed in the hot tub due to its extreme temperature, children 6 to 11 are allowed when supervised by an adult, and Children 12 & up are allowed in the hot tub unsupervised.
- We encourage guests to not use the hot tub for more than 15 minutes at a time due to the heat.
- Hot Tub is CLOSED on Thursday's from 9:30-10:30am for routine maintenance.