

StoneCroft Aquatics Center Summer Aquatic Schedule

*Please note - Summer Hours in effect **June 6th- Sept 6th**We will be closed 12pm-2pm Monday-Friday & Closing at 7pm Monday-Friday **SCAC Closed all day 5/30, 7/4, 8/11, 9/5**

Visit www.telhai.org/pool for more information

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim & SPA	6:30am- 12:00 pm & 2:00pm- 7:00pm	8:00am- 12:00pm & 2:00pm- 7:00pm	6:30am- 12:00 pm & 2:00pm- 7:00pm	8:00am- 12:00pm & 2:00pm- 7:00pm	6:30am- 12:00 pm & 2:00pm- 7:00 pm	8:00am- 3:30pm *pool parties	12:00pm- 3:30pm *pool parties
Open Swim	6:30am- 12:00pm & 2:00pm- 7:00pm	8:00am- 12:00pm & 2:00pm- 7:00pm	6:30am- 12:00pm & 2:00pm- 7:00pm	8:00am- 12:00pm & 2:00pm- 7:00pm	6:30am- 12:00pm & 2:00pm- 7:00pm	8:00am- 3:30pm *pool parties	12:00pm- 3:30pm *pool parties
Water Fitness Classes	AquaFit 9:30-10:30 Arthritis 10:30-11:30	Deep H2O 9-9:45am AquaTone 10-11:00am	H2O Bootcamp 4:30-5:15pm	Deep H2O 9-9:45am AquaTone 10-11:00am	AquaFit 9:30am-10:30am Arthritis 10:30am-11:30am	Deep H2O 9:00am- 9:45am	None
Tel Hai Swim Lessons May vary	5-7pm	10-11:45am & 3:45-7pm	9:30-11:20 & 3:45-7pm	10-11:45am & 3:45-7pm	4:15-6:30pm	9:30am- 12:15pm	None
Swim Team	None	None	None	None	None	None	None
Water Volley Ball & Pool Parties	Resident/ Staff Volleyball 4:30-5:30	None	None	None	Resident only Volleyball 2:30-3:30pm	Birthday Parties 12:15- 3:15pm	Birthday Parties 12:15- 3:15pm

Pool temp 84-86 degrees, spa temp 98-100 degrees.

Please see back for additional information on policies, regulations, swim meets, etc

StoneCroft Aquatic Center Policies and Regulations

Pool rules:

- Lifeguard on duty is in charge of pool and will enforce the rules
- Pool waivers must be signed prior to first time swimming
- All children must be fully potty- trained, or be in swim diapers.
- Children under 5, that are non-swimmers, must have adult in pool with them at all times
- Children over 5, without adult in pool must pass test, or wear life jacket
- NO Running, NO Diving, NO Horseplay, NO long breath holding
- No food on deck or in spa
- No glass containers on deck
- No hanging on lane lines
- Lap lanes are for lap swimmers only
- Volleyball for residents only
- Proper swim attire- no street clothes
- Water Fitness equipment is for water fitness only (barbells & gloves)
- Kickboards for lap swimming and lessons only
- Starting blocks for swim team & lessons only
- Spa for anyone 18 years or older- unless child has special needs for a warmer pool.
- Shoes, proper attire required to leave deck
- We are not responsible for lost, stolen, or damaged items
- Please do not eat our pool noodles
- Wibits are for parties only

Pool Parties

Each party is 2 hours long- 1hr in pool, remainder in party room. Parties are Available on weekends only- Saturdays 12:30-3:30pm or Sundays 12:30-3:30pm. May purchase more pool time and/or room time, at least 2 weeks notice needed.

Visit www.telhai.org/pool for information or contact Jenne at jschroeder@telhai.org to book a party. *All children must be fully potty-trained to enter pool, or in swim diapers.*

Inclement Weather Policy Weather Hotline- 610-273-4050

We loosely follow the TVSD Thunder, excessive winds, tornados, snow, ice

<u>2 hr delay</u>- No morning classes, the pool opens at 9am unless otherwise noted on hotline.

Early Dismissal- No evening programming, pool closes at 4pm or earlier depending on weather

School Closure- Morning- classes determined by weather, check hotline. Evening programming will be reevaluated by 2pm; information will be updated on our weather hotline by 1pm.

<u>Weekends</u>- Any delayed openings or closures will be on weather hotline 610-273-4050

<u>Thunder/lightning</u>- Pool must be cleared, cannot re-open until 30 minutes after strike/boom

<u>Lesson make-ups</u> - We do not offer lesson makes ups or refunds due to weather, other activities, vacations, illness etc. Lessons are only prorated for Holidays and Swim Meets.

Lap swimming etiquette

There will be times you will need to share a lane Make sure other swimmer is aware you are joining them in lane before entering lane.

- If more than 1 swimmer per lane swimmers pick a side, or circle swim.
- If more than 2 per lane- Circle swim
 25 Yard Pool
 100 yards = 4 lengths
 500 yards = 20 lengths
 1,000 yards = 40 lengths
 1,650 yards (mile) = 66 lengths

Contact Information

Jeff Mikitka- Personal Trainer/private lessons/lessons/lifeguard/Exercise Specialist <u>Jmikitka@telhai.org</u>
Gwvnne Johnson- Physical Wellness Supervisor <u>Gjohnson@telhai.org</u>

Sarah Sullivan – Director of Wellness Ssullivan@telhai.org