

# StoneCroft Aquatics Center Schedule

# September 2023



Check for updates at the following sources: Phone Hotline 610-273-4050, telhai.org/pool, SCAC entrance signs,

Channel 965, and Tel Hai's Facebook.

We apologize in advance for any closures.

Labor Day, September 4 SCAC will be open 7:30am -12:00pm with no class running.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours Open	7:30am-12:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	&	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Open/ Lap Swim	7:30am-12:00pm	&	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Spa	7:30am-12:00pm		7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Water Fitness Classes 3 lanes	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Aqua Spin 8:00am-8:45am No registration required Deep Water 9:15am-10:00am Aqua Spin 2:00pm- 2:45pm Pre-registration required	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am Staff Aqua Spin 4:30pm-5:15pm Pre-registration required	<b>Aqua Spin</b> 8:00am-8:45am Pre-registration required <b>Deep Water</b> 9:15am-10:00am	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Deep Water Resident Led 9:15am-10:00am	Closed
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	Closed
Swim Team	None	None	None	None	None	None	Closed

Updated 8/15/2023

# StoneCroft Aquatics Center Policies & Swim Team Information

### Pool rules:

\*Lifeguard on duty is in charge \*Pool waivers must be signed \*Please use deck showers to rinse off \*No running \*No diving \*Children must be fully potty-trained or in swim diapers to be in the pool. \*Children under 5, non-swimmers, must have adult in pool with them. Parent can only take non-swimmer as far as parent can stand \*Children over 5, without an adult in pool, must pass test \*No food on deck \*No glass containers on deck \*Non-swimmers must wear Coast Guard approved lifejackets \*Lap lanes are for lap swimmers, lessons & swim teams only \*Proper swim attire- no street clothes \*Water Fitness equipment is for water fitness only (barbells & gloves) \*Starting blocks for swim team & lessons only \*Must be 18 years old to use spa \*Shoes and proper attire are required to leave area \*No shaving allowed on site \*Pull cords for emergencies only

#### Swim meet schedule:

• Swim Meets have concluded for the season.

Swim Team Contact info: Upon Request

# Swim Lane Etiquette

#### Lap swimming etiquette:

How to share a lane: \*Make sure the other swimmer is aware you are joining them in lane. \*More than 1 swimmer per lane swimmers choose a side, or you both choose to circle swim. \*More than 2 per lane- Circle swimming only by all in lane.

> <u>25 Yard Pool</u> 100 yards = 4 lengths 500 yards = 20 lengths 1,000 yards = 40 lengths 1,760 yards (mile) = 71 lengths

## Update Hotline- 610-273-4050

Call for schedule changes or in case of severe winds, thunder, lightning, snow, ice, tornado warnings, etc.

\*We do not offer credits/make ups for missed lessons, memberships, or swim team practice for inclement weather, school functions, vacations, minor illnesses.

<u>Thunder/lightning</u>- Pool must be cleared, every strike/boom will result in 30 minutes additional closure. If during lessons, our instructors will run deck safety lessons until pool can reopen, or lessons are cancelled.

<u>**2 hr TVSD/CASD delay</u>**- Pool opens at 9am, classes running will be determined by weather.</u>

**Early Dismissal**- No evening programming, pool closes at 5pm or earlier weather dependent.

#### **School Closures:**

**Morning**- Opening time and classes determined by weather.

**Evening**- Will be reevaluated by 2pm, information will be updated on hotline by 1pm.

<u>Weekends</u>- Any delayed openings or closures will be on hotline.

\*Please visit <u>www.telhai.org/pool or call 610-273-9333</u> ext. 2441 for more regarding the following information\* Membership information- Daily, 10 visit punch cards, monthly and quarterly memberships available for purchase. Family, Couple, and Individual options are available. Memberships are not required for swim lesson participation.