

February 2024 Lap/Open Swim/ Water Exercise Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	
			7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 3:45p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	9a- 12p Lap Swim 12p- 3p Open Swim	
4	5	6	7	8	9	10
9a- 12p Lap Swim 12p- 3p Open Swim	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 3:45p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 3:45p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	9a- 12p Lap Swim 12p- 3p Open Swim
11	12	13	14	15	16	17
9a- 12p Lap Swim 12p- 3p Open Swim	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 3:45p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 3:45p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	9a- 12p Lap Swim 12p- 3p Open Swim
18	19	20	21	22	23	24
9a- 12p Lap Swim 12p- 3p Open Swim	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 3:45p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 3:45p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 3:45p Open Swim	12p- 3p Open Swim
25	26	27	28	29		**Saturday Lap Swim is only 3 lanes**
9a- 12p Lap Swim 12p- 3p Open Swim	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 5p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 5p Open Swim 8-9p Deep Water Ex.	5:30-8:45a Lap Swim 9- 11a Water Exercise 11- 5p Open Swim	7-9:15a Lap Swim 9:30- 11:30a Water Ex 11:30- 5p Open Swim 8-9p Deep Water Ex.		

Lap Lanes: There will be 1 lap lane guaranteed during open and water exercise.

Diving Board: Is NOT guaranteed and depends on staff

****Lifeguarding Course Feb. 16-18, 2024, limited access to the deep end from 8a-4p.**

The following rules and regulations have been established for the benefit of all users of the swimming facilities to assure the safe operation of the pools and to provide enjoyable recreational opportunities for all. Patrons are requested to cooperate in observing these rules and to obey the instructions of the Aquatics staff. Patrons violating swimming rules are subject to the revocation of their swimming privileges. No refunds will be given. A list of the full rules is in the lifeguard office. Any questions please contact Ashley, Aquatics Supervisor, 440-716-4248, gribblea@north-olmsted.com

GENERAL RULES

1. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Entering the pool area when it is not open for public use is prohibited and may be considered as trespassing.
2. Any children less than 6 years of age must be accompanied by an adult (age 18+) in the water with them at all times. Any children ages 7 – 13 years of age must have an adult (age 18+) on the pool deck with them at all times. Any children greater than 13 years of age are permitted in the aquatic facility without adult supervision.
3. Food and drinks (other than water in an appropriate plastic container) are not permitted on the pool deck (indoors or outdoors) except in designated areas.
4. Smoking/vaping is not permitted indoors or within the fenced in area at the outdoor pool.
5. No person within the pool area shall behave in such a manner as to jeopardize the safety and health of himself/herself and others. Such behavior, including abusive or profane language, shall be grounds for expulsion.
6. Water weights, kickboards, exercise belts and flippers are reserved for classes, lap swimming and adult (age 18+) use only.
7. Swim toys, balls and any other toys/equipment may be used at the discretion of the lifeguard and supervisor on duty.
8. The use of starting blocks is restricted to approved swim practices, swim meets and instructional programs only under the direct supervision of a properly trained instructor/coach.

RULES FOR RECREATIONAL & LAP SWIMMERS

1. Lanes will be reserved for those persons wishing to swim lengths undisturbed. Persons not swimming lengths should remain in other pool areas.
2. Lap lanes are intended for multiple swimmers. Lap swimmers should arrange themselves by speed in the lanes. It is not uncommon to swim four or more people to a lane if similar pacing is used.

DIVING BOARDS

1. Anytime the diving board is in use the diving area must be cleared of all persons other than divers. No general swimming is permitted in the diving area unless the diving boards are closed by staff.
2. Only one person is allowed on the diving apparatus (including ladder) at a time.
3. Anyone using a diving board must wait until the preceding diver has surfaced and reached the ladder before climbing on the ladder.
4. Divers must dive straight from the front end of the board facing forwards.

LOCKER ROOMS

1. Children 6 years of age or older must change in the gender-appropriate locker room.
2. Please leave valuables at home. The North Olmsted Recreation Complex cannot be responsible for personal property or valuables at any time. Valuables may not be checked with the pool staff.
3. Lockers are available for your use. Please bring your own padlock. All padlocks must be removed daily; patrons are not permitted to leave locks on lockers overnight.

4. Locks will be cut off nightly and locker contents will be placed into the Lost and Found and disposed of weekly.
5. The use of phones, cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing facilities.

SWIM TEST

1. Children 13 and younger need to take a swim test to swim in the deep end and go off the diving board.
2. Once passed, they are required to get a GREEN WRISTBAND every time they swim. Please see a lifeguard upon arrival to receive.
3. Our swim list is updated yearly. A test will only be valid for 1 year and will need to be taken yearly.

ATTIRE

1. All persons swimming in the pool must have on proper swim attire.
2. Infants/children who are not toilet trained and adults who are incontinent, who wish to enter any pool, must wear a clean diaper or disposable swim diaper covered by separate rubber/vinyl pants, all of which must fit snugly around the legs and waist.
3. Street clothes are not permitted

CITY of NORTH OL MSTED
**Parks &
Recreation**