

Ephrata Recreation Center Indoor Pool Schedule March 2024

<u>Sun</u> 10 am - 2:45 pm	<u>Mon</u> 6 am - 8 pm	<u>Tue</u> 6 am - 8 pm	<u>Wed</u> 6 am - 8 pm	<u>Thu</u> 6 am - 8 pm	<u>Fri</u> 6 am - 8 pm	<u>Sat</u> 8 am - 3:45pm
<i>There will be two Lap Lanes available unless otherwise noted</i> Recreation swim will be limited during classes. Please do not disturb the instructor or the participants.					1	2
					9:15-10 a: Aqua Fitness 10:15-11 a: Silver Splash 12p-12:30p Swim Lessons Swim Team using 2 lanes 6:00-7:00pm	8:15-9 a: Deep Water 8:30a-12p Swim Lessons
3	4	5	6	7	8	9
11:30a-2p Swim Lessons	9:15-10 a: Aqua Fitness Swim Team using 3 lanes 3:30-5p 7:00-7:45p Deep Water Pool Closes at 7:45pm	8:15-9 a: Golden Years 9:15-10 a: Aqua Fitness 10:15-12 p: Silver Splash Swim Team using 3 lanes 3:30-5p and 6-7:30p	9:15-10 a: Aqua Fitness 12p-1p Swim Lessons Swim Team using 3 lanes 3-4:30p 7:00-7:45p Deep Water	8:15-9 a: Golden Years 9:15-10 a: Aqua Fitness 10:15-12 p: Silver Splash Swim Team using 3 lanes 6-7:30p	9:15-10 a: Aqua Fitness 10:15-11 a: Silver Splash Swim Team using 3 lanes 6-7:30p	8:15-9 a: Deep Water 8:30a-12p Swim Lessons
10	11	12	13	14	15	16
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17	18	19	20	21	22	23
	9:15-10 a: Aqua Fitness 10:45-1:10p Swim Lessons 4:30-7:00p Swim Lessons 7:00-7:45p Deep Water	8:15-9 a: Golden Years 9:15-10 a: Aqua Fitness 10:15-12 p: Silver Splash	9:15-10 a: Aqua Fitness 4:30-7:00p Swim Lessons 7:00-7:45p Deep Water	8:15-9 a: Golden Years 9:15-10 a: Aqua Fitness 10:15-12 p: Silver Splash	9:15-10 a: Aqua Fitness 10:15-11 a: Silver Splash 12p-1:10p Swim Lessons	8:15-9 a: Deep Water 9a-12:30p Swim Lessons
24/31	25	26	27	28	29	30
Rec Closed Mar. 31 for Easter	9:15-10 a: Aqua Fitness 10:45-1:10p Swim Lessons 4:30-7:00p Swim Lessons 7:00-7:45p Deep Water	8:15-9 a: Golden Years 9:15-10 a: Aqua Fitness 10:15-12 p: Silver Splash	9:15-10 a: Aqua Fitness 4:30-7:00p Swim Lessons 7:00-7:45p Deep Water	8:15-9 a: Golden Years 9:15-10 a: Aqua Fitness 10:15-12 p: Silver Splash	9:15-10 a: Aqua Fitness 10:15-11 a: Silver Splash 12p-1:10p Swim Lessons	8:15-9 a: Deep Water 9a-12:30p Swim Lessons

Ephrata Recreation Center Pool Rules

- Please shower with soap and water before using the pool.
- Children ages 8 and under must be accompanied by an adult guardian who is within arm's reach.
- An adult is any person ages 18 and up.
- No horseplay, riding on shoulders, excessive splashing or dunking is allowed.
- Inflatable items including inner tubes, rafts, and water wings not permitted.
- Only U.S. Coast Guard flotation devices may be used.
- No ball playing.
- For safety measures: masks, snorkels, and fins are permitted in the lap lanes only.
- Running, pushing, or throwing persons into the pool is not permitted.
- Starting blocks are for swim team use only.
- Kickboards, pull buoys, fins, paddles, aqua fitness belts, and weights are reserved for lap swimming and class use only.
- Lap lanes are for those doing continuous back and forth swimming.
- Hanging on lane lines, stairs, and ladders is not permitted.
- Non-swimmers must stay in the shallow water.
- Infants and toddlers who are not toilet trained **must** wear specially made swim diapers. No disposable diapers permitted in the pool.
- Diaper changing is not allowed at poolside. Please use changing tables in family locker room.
- Food and drink is not permitted on the pool deck. Plastic water bottles permitted.
- A proper bathing suit is required. No underwear, cut off shorts, or jeans permitted.

Lap Swimming Lane Etiquette

When you walk out on the pool deck and you see an empty lane... **GREAT**... jump on in!

If you do not see an empty lane, try to find one that has the fewest swimmers or one that has swimmers of similar ability to yourself. If there is only one other person in the lane, it is normally acceptable to split the lane so you each have your own side. If the swimmer in the lane stops while you are entering the lane, ask permission to split the lane. If the swimmer does not stop and you do not have the opportunity to ask, get in the pool on the side of the lane. The other swimmer, if they practice good lap lane etiquette, will stay to one side.

If you are the only swimmer in the lane while another swimmer enters, it is polite to choose a side of the lane and stay on it. Let us all practice good Lap Swimming Lane Etiquette.

Have a Great Swim!

Circle Swimming

If there are more than two of you swimming per lane then you should circle swim, which means swimming up on one side of the lane and back on the other side, always swimming on the right side. With circle swimming, it is even more important to choose a lane with swimmers of equal ability. It can be dangerous for a weaker swimmer to enter a lane with experienced swimmers and it can be a detriment to an experienced swimmer's workout to get in a lane with weaker swimmers.

Even when choosing a lane with similar ability swimmers, there may be occasion to pass them. To do this, tap their foot lightly one time. This will signal to that swimmer to stop at the next wall and let you pass. If you are the tapped swimmer, please make sure you stop at the next wall, not in the middle of the lane, and let the other swimmer pass. Do not try to speed up to prevent the swimmer from passing you.