



July Pool Schedule

POOL SCHEDULE JULY 2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>This schedule is subject to change.</p> <p>For the most up to date schedule check the electronic schedule at http://www.buhlclub.org</p> <p>For more information contact:</p> <p>Michelle Bower Director of Operations mbower@fhbuhlclub.org 724-981-3700 ext. 104</p>	5:30 – 10:30 Lap Swim 6 Lanes	5:30 – 9:00 Lap Swim 6 Lanes	5:30 – 10:30 Lap Swim 6 Lanes	5:30 – 9:00 Lap Swim 6 Lanes	5:30 – 10:30 Lap Swim 6 Lanes	8:00 – 9:00 Lap Swim 6 Lanes	8:00 – 10:00 Lap Swim 6 Lanes
	10:30-1100 Open Swim	9:00 – 9:30 Aqua Therapy	10:30-11:00 Open Swim	9:00 – 9:30 Aqua Therapy	10:30-11:00 Open Swim	9:00 – 10:00 Aqua Tabata	10:00 – 1:00 Open Swim 3 Lanes/ Lap Swim 3 Lanes
		9:30 – 10:30 Aqua Tabata	Pool Closed 7/20 9am-11am CCMC Swim Lessons	9:30 – 10:30 Aqua Tabata			Pool Closed 7/17 for Lifeguard Class
	11:00 – 12:00 Aquatic Exercise Class	10:45-11:45 Preschool 1 Swim Lessons POOL CLOSED	11:00 – 12:00 Aquatic Exercise Class	10:45-11:45 Preschool 2 Swim Lessons POOL CLOSED	11:00 – 12:00 Aquatic Exercise Class	10:00 – 10:30 Mom & Dad Swim W/ Me	<p>THE BUHL CLUB IS CLOSED ON JULY 4th.</p> <p>NO SWIM LESSONS JULY 4th- JULY 9th</p>
	12:00-1:00 Lap Swim 6 Lanes	12:00-1:00 Lap Swim 6 Lanes	12:00-1:00 Lap Swim 6 Lanes	12:00 – 1:00 Lap Swim 6 Lanes		10:30 – 11:00 Guppies	
	1:00-2:00 Summer Camp Swim	1:00-2:00 Summer Camp Swim	1:00-2:00 Summer Camp Swim	1:00-2:00 Summer Camp Swim	12:00 – 5:00 Lap Lanes	11:00 – 11:30 Minnows	
	2:00-4:00 Lap Swim 6 Lanes	2:00-5:00 Lap Swim 6 Lanes	2:00 – 4:00 Lap Swim 6 Lanes	2:00-5:00 Lap Swim	5:00 – 8:00 Open Swim	11:30 – 12:00 Minnows	
	Open Swim 4:00-6:00		Open Swim 4:00-6:00		*CLOSE @ 5:30PM IF BIRTHDAY PARTY SCHEDULED*	12:00 – 1:00 Open Swim	
	6:00 – 6:45 Swim Lessons Level 1	5:00 – 5:30 Guppies	6:00 – 6:45 Swim Lessons Level 1 & 2	5:00 – 5:30 Minnows			
		5:30 – 6:00 Guppies		5:30 – 6:00 Minnows (no class 6/16, open swim)			
7:00 – 8:00 Open Swim	6:00 – 6:45 Swim Lessons Level 3	7:00 – 8:00 Lap Swim 6 Lanes	6:00 – 6:45 Swim Lessons Level 3, 5 & 6		*CLOSED @ 1130AM IF BIRTHDAY PARTY IS SCHEDULED*		
	7:00 – 7:45 Swim Lessons Level 4		7:00 – 8:00 Lap Swim				

PLEASE NOTE

Lap Lane Reservations can only be made one day prior to the day you wish to reserve.
YOU MUST CHECK IN AT THE CONTROL DESK TO CONFIRM YOUR RESERVATION UPON ENTERING THE BUILDING!
Thank you for helping us make the most use possible of our facility.

Classes and Lap Lanes

For the safety and enjoyment of members participating in classes the pool is only open to those participating in the class. NO LAP SWIM DURING AQUATIC EXERCISE CLASSES.

Lap Swim and Aqua Exercise Rules

- Lane Reservations: follow standard Reservation Policy and Procedures as outlined in Member and Program Participant Expectations Guidelines.
- Follow standard Entrance and Exit Policy and Procedures as outlined in Member and Program Participant Expectations Guidelines.
- Patrons may not enter the pool until it is time for the class/lane time they are registered for to start.
- Patrons arriving 5 minutes after class has started will not be allowed to enter the pool until the end of the class so as not to disturb the other patrons taking the class.
- Class participants will be limited to 36 people in the pool at one time.
- Lane Reservations are for ½-1 hour blocks up to 24 hrs in advance. If more than 10 minutes late, lane is forfeited.
- Lap swim times are for lap swimming or solo aquatic exercise only. They are not to be used for Family swims.
- Lap reservation times cannot be reserved by families or groups. Two people max per lane at any given time.
- Patrons are responsible for putting away any equipment they use in a class or on their own.
- Swimming into another swimmers lane will result in your being asked to leave the pool, as it will cause an unsafe environment for all swimmers.

Rules for all swim lessons and synchronized swimming programs

- All fees must be paid and registration forms completed prior to the first day of class.
- Because most of our aquatic classes have waiting lists for children wanting to participate, you must call the Buhl Club office if your child is going to miss a class. Missing more than 2 classes without notifying the front office will result in your child being removed from the class, with no refund of any fees paid, so a child on the waiting list will be able to participate.
- We strive to run our programs on time. If a child is more than 5 minutes late for a class they will not be allowed to participate.
- Students will be allowed to enter pool deck 10 minutes before the start of lessons;

Open Swim

- No flotation devices in the deep end. Including lifejackets, kick boards and noodles.
- You must keep your children within arm's reach at all times.
- An adult must be in the water at all times.

Rules for ALL SWIMMERS:

1. All patrons must shower prior to entering the pool. If you are seen dry when entering, you will be asked to leave.
2. No Running on Deck.
3. Diving only allowed at DEEP End of pool. May Jump off Sides as long as depth is AT LEAST ½ of Patrons Height.
4. No Peeing in Pool!!! Please use bathrooms located in 2nd floor hall or in showers. **IF YOU FEEL SICK TO YOUR STOMACH,** do not enter pool for safety of yourself and others.