



September, October, November, December Pool Schedule

POOL SCHEDULE

Fall 2018

September 4 to December 30, 2018. This schedule is

subject to change without notice!

For the most up to date schedule check the electronic schedule at <http://www.buhicommunityrecreationcenter.com/programs/program-schedules/>

Pool Rules are on back of this schedule

Please Note the NEW Swim lesson rules

Pool Rental

Available Friday evening Saturday and Sunday afternoon. To Schedule your party contact the Aquatic Director or Business Office

For Information,

Contact Aquatic Director Chuck Dunkerley 724-981-3700, ext. 107 cdunkerley@fbuhlclub.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8:00 Early Bird Lap Swim		5:30 – 8:00 Early Bird Lap Swim		5:30 – 8:00 Early Bird Lap Swim		
8:00 – 9:00 Aqua Arthritis Lap Swim in Deep End	8:00 – 9:15 Aqua Therapy / Aqua Tabata NO LAP SWIM	8:00 – 9:00 Aqua Arthritis Lap Swim in Deep End	8:00 – 9:15 Aqua Therapy / Aqua Tabata NO LAP SWIM	8:00 – 9:00 SilverSneaker Splash Lap Swim in Deep End	8:00- 9:00 Guppies & Minnows NO LAP SWIM	
9:00 – 10:00 Open Swim / 2 Lap Lanes	9:15 – 10:30 Aqua Therapy / Aqua Tabata NO LAP SWIM	9:00 – 10:00 Open Swim / 2 Lap Lanes	9:15 – 10:30 Aqua Therapy / Aqua Tabata NO LAP SWIM	9:00 – 10:00 Open Swim / 2 Lap Lanes	9:00 – 10:15 Aqua Tabata NO LAP SWIM	9:00 – 10:00 Adult Swim
10:00 – 11:00 Deep Water Aerobics	10:30 – 11:30 Volleyball LAP SWIM DEEP END ONLY	10:00 – 11:00 Pre School Swim Lessons CLOSED TO ALL OTHERS	10:30 – 11:30 Volleyball LAP SWIM DEEP END ONLY	10:00 – 11:00 Aqua Therapy Lap Swim in Deep End	10:15 – 11:00 Open Swim / 2 Lap Lanes	10:00– 11:30 Open Swim / 2 Lap Lanes
11:00 – 12:00 Swimnastics Lap Swim in Deep End	11:30 – 2:00 Reserved Lap Swim Only	11:00 – 12:00 Swimnastics Lap Swim in Deep End	11:30 – 2:00 Reserved Lap Swim Only	11:00 – 12:00 Swimnastics Lap Swim in Deep End	11:00-12:00 Guppies / Mom& Dad No Lap Swim	11:30– 12:30 Private Rental Available
12:00 – 2:00 Reserved Lap Swim Only		12:00 – 2:00 Reserved Lap Swim Only		12:00 – 2:00 Reserved Lap Swim Only	12:00 – 3:00 Open Swim / 2 Lap Lanes	
2:00 – 5:00 Open Swim / 2 Lap Lanes	3:00 – 4:00 Open Swim / 2 Lap Lanes	2:00 – 5:00 Open Swim / 2 Lap Lanes	3:00 – 4:00 Open Swim / 2 Lap Lanes	2:00 – 4:00 Open Swim / 2 Lap Lanes	3:00 – 4:00 Private Rental Available	
	4:00 – 5:30 Guppies & Minnows NO LAP SWIM		4:00 – 5:00 Guppies & Minnows NO LAP SWIM	4:00 – 5:00 Open Swim / 2 Lap Lanes	Pumpkin Swim Saturday October 20, 2018 3:00 – 7:00 No Open or Lap Swim	
5:00 – 7:00 Youth Swim Lessons NO LAP SWIM	5:45 – 6:45 Water Yoga NO LAP SWIM	5:00 – 7:00 Youth Swim Lessons NO LAP SWIM	5:15 – 6:15 Water Yoga NO LAP SWIM	5:00 – 8:30 Open Swim / 2 Lap Lanes	Winter Water Wonderland Saturday December 8, 2018 3:00 – 7:00 No Open or Lap Swim During Special Events	
7:00 – 8:00 Open Swim / 2 Lap Lanes	6:45 – 9:00 Open Swim / 2 Lap Lanes / Scuba Class	7:00 – 8:00 Basic Life Saving Class starting in November / ½ pool Open Swim	6:15 – 9:00 Open Swim / 2 Lap Lanes / Scuba Class	Last Friday of Each Month is Flick-n-Float / Special Programing 6:30 – 8:30 There will be NO LAP SWIM DURING THESE EVENTS	For Private Rental Information Contact Aquatic Director or Business Office Personnel. Party Rental includes pool rental for 1 hour and party room for 2 hours	
8:00 – 9:00 Open Swim / 2 Lap Lanes		8:00 – 9:00 Open Swim / 2 Lap Lanes				

Classes

For the safety and enjoyment of members participating in classes the pool is only open to those participating in the class during class times. If classes are listed during open swim times, we ask that you do not interfere with the classes in progress.

Swimming lesson 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.

Reserved Lap Swims

- ❖ Lanes can be reserved by calling or signing up on the pool deck or emailing the Aquatic Director (cdunkerley@fhublclub.org). Lane reservation is not confirmed until on duty aquatic staff confirms it.
- ❖ Lanes can be reserved 24 hours in advance.
- ❖ If you wish to reserve a lane for more than ½ hour, you must specify this when you sign up for the lane.
- ❖ Lane reservations for more than ½ hour block will be dependent on availability and swimmer load.
- ❖ Reservations are on a first come first served basis. Reservations close 15 minutes before Reserved Swim starts.
- ❖ If you are not in your lane by 10 minutes after reservation time you will forfeit your reservation.
- ❖ 3 un-cancelled forfeitures will result in losing your privilege to reserve lanes for 1 month.
- ❖ Lane #1 is designated for **SHARED** water jogging and wall exercise during Reserved/Adult Lap Swims. No reservation is required to **SHARE** lane #1 at these times.
- ❖ Swimming out of your lane, into another swimmers lane, will not be allowed as it will cause an unsafe environment for all swimmers.

Lap Lanes

Lap Lanes provided during open swims are available on first come first served basis. If lanes are full you must wait your turn. These are not reserved lanes!!! Lap swimmers interfering with classes will lose the privilege for everyone to swim laps while classes are going on. Please note that if you are swimming laps outside of a lap lane you may be creating a hazardous situation with open swimmers and will be asked to stop your laps or move to an open lap lane.

Pool Rules

Buhl Community Recreation Center

Remember the pool rules are for your safety and enjoyment. Please obey all rules.

1. Please Shower before entering the pool.
2. Lifeguard on duty is in complete charge of the pool area.
3. All Swimmers must enter the pool through the Wet Hall doors.
4. Only swimmers wearing approved bathing suits will be permitted to swim. The following attire is not permitted: "Street Cloths." Brazilian/French-cut, String, or Thong style Bikinis. Revealing swimwear, cut-off jeans, sports bras, leotards, leggings and compression shorts. Underwear and undergarments may not be worn as swimwear.
5. Walk at all times when in the pool area. Running on the pool deck is very dangerous and is not allowed.
6. No Photography is permitted in pool area for the privacy of all our patrons.
7. Jewelry must be removed before entering the pool area. The Buhl Community Recreation Center is not responsible for lost or damaged items.
8. Those who wish to swim in the deep end of the pool must be able to swim 2 widths of the pool without stopping and tread water for 2 minutes.
9. Patrons who require a Personal Flotation Device (PFD) must remain in the shallow area.
10. Diving is permitted from the deep end wall only. Jumping is permitted from the deep and shallow end walls only. Absolutely no diving from the side walls.
11. Only U.S. Coast guard approved personal flotation devices are permitted in the pool. Toys from home are subject to approval by the lifeguard on duty.
12. Parents/guardians of children aged 7 & under must be in water within arm's reach at all times. Children aged 8 to 10 must have a parent or guardian in water with them at all times. Children aged 11 to 12 must have a parent or guardian on pool deck at all times.
13. Anyone not swimming laps in a lap lane will be asked to leave the lap lane.
14. Please keep hands and body off lane lines. Hanging on lane lines is not permitted.
15. Fighting, dunking, wrestling, pushing and any other horseplay will result in termination of swimming privileges.