

BACC Fall/Winter Pool Schedule

Barron Area Community Center

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45am	Open Swim	Adult Only	Open Swim	Adult Only	Open Swim			
6:00am	5:45-6:30am	OR	5:45-6:30am	OR	5:45-6:30am			
6:30am	Water Aerobics	Lap Swim	Water Aerobics	Lap Swim	Water Aerobics			
7:00am	6:30-7:30am	5:45-8:00am	6:30-7:30am	5:45-8:00am	6:30-7:30am			
7:30am	Open/Fitness		Open/Fitness		Open/Fitness			
8:00am	Swim 7:30-8:30am	Water Aerobics 8-9am	Swim 7:30-8:30am	Water Aerobics 8-9am	Swim 7:30-8:30am			Water Aerobics 8-9am
8:30am								
9:00am		Open Swim		Open Swim				9-11am
9:30am		9-10am		9-10am				Open Swim
10:00am								Swim
10:30am	10am-1pm		10am-1pm		10am-1pm			
11:00am	Adult Only		Adult Only		Adult Only			
11:30am	OR		OR		OR			
12:00pm	Lap Swim		Lap Swim		Lap Swim			
12:30pm								
1:00pm								
1:30pm								
2:00pm						2-7pm Discount Swim	2-7pm Discount Swim	
2:30pm								
3:00pm								
3:30pm								
4:00pm	4-8pm	4-8pm	4-8pm	4-8pm	4-7pm			
4:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
5:00pm								
5:30pm		Aqua jogging Class 5:30-6:30pm		Aqua jogging Class 5:30-6:30pm				
6:00pm								
6:30pm		6-8pm		6-8pm				
7:00pm		Discount Swim		Discount Swim				
7:30pm								
8:00pm								

All blackened areas on schedule indicate the pool is closed during these hours.

The whirlpool and sauna hours are the same as building hours, even when the pool is closed.

Pool hours will be adjusted temporarily during the course of the year to accommodate BACC seasonal swim lessons.

All changes will be posted at the BACC in advance so patrons can make changes in their schedules.

Pool Rules and Regulations
Updated September 11, 2008

1. Obey instructions from the lifeguard at all times. Lifeguards have the authority to revoke privileges of repeat offenders.
2. No one under 18 is allowed in the men's or women's locker rooms. No children over 4 years old are allowed in the opposite gender adult locker rooms. No parents allowed in the opposite gender locker rooms.
3. Showers must be taken before entering the pool or spa and when going between the two. Please make sure that showers are completely turned off.
4. No patron will be allowed to enter the pool with an open sore, bleeding wound or communicable disease, nor while under the influence of alcohol or other drugs.
5. T-shirt and/or shorts (no cutoffs) may be worn **if a swimsuit is worn underneath** and they are completely rinsed off before entering the pool or spa.
6. Children kindergarten and under must have someone 14 years or older with them **IN** the pool. This patron may supervise up to three children, age kindergarten and under.
7. Children fifth grade and under must have someone over 14 years old with them in the facility.
8. Wearable flotation devices are allowed in the pool for children in the shallow end when supervised by an adult (See rule 6) in the pool within arm's reach of the child. **Flotation devices are not allowed in the deep end nor in the whirlpool.** Lifejackets must be Coastguard approved and in correct size and weight for wearer. All flotation devices must be clean. Lifeguards reserve discretion to determine suitability of devices. Lifejackets, Float Belts, Float Suits, Fun Noodles, and inner tubes with fabric seat for infants, are acceptable flotation devices under above supervision standard. **Water wings are not allowed.**
9. All children and any questionable adult swimmers are required to pass a swim test before going into the deep end. The patron must swim across the width of the pool and back, immediately followed by 1 minute of treading water, to complete the swim test.
10. Swimming or aqua jogging in the deep end is allowed during water aerobics for **adults only** and only if the lifeguard on duty is not teaching the class. One lap lane must be left in the pool at all times (with the exception of water aerobics).
11. **No children** are allowed in the pool during adult only swim times unless they are lap swimming.
12. Patrons must enter the pool feet first except for forward dives into the deep end. Back dives and flips are not allowed!
13. Enter backwards on stairs.
14. Balls, toys, floaties, noodles, etc. are only allowed in the shallow end. The lifeguard must approve toys brought in by patrons. All toys must stay in the water (ex: no tossing from deck to pool and back.)
15. Kick boards may only be used for instructional lessons, water aerobics, and lap swimming.
16. No running, pushing, dunking or chicken fighting. No grabbing or pulling on another patron's neck or head.
17. No swinging or climbing on the railings.
18. No dunking or hanging on the basketball rims or net! Immediate expulsion!
19. You must be in the ninth grade or at least 15 years old to use the Spa or Sauna. Those younger than the ninth grade may use the spa and sauna on Saturday and Sunday **ONLY** if they are accompanied by a parent or another responsible adult.
20. Anyone using the spa and sauna must limit their time to 15-minute increments to prevent heat exhaustion or dehydration.
21. Our Sauna is a dry sauna. Do not spray sauna walls or coals with water.
22. Street shoes may not be worn on the pool deck. No food drinks or gum in the pool/deck area.
23. Stop, look, and listen when whistle blows.
24. Anyone who is not following pool rules, who has been warned at least once will be asked to leave the pool area and will be required to leave the facility.