



BELLEVUE CLUB

# Bellevue Club Aquatics Pool Schedule

## Recreation Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool opens at 5 am M - F						
5am	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Pool open at 6:15	open at 8 am
6am							
7am							
8am						Adult Lap Swim	
9am	Aqua-Fit		Aqua-Fit		Aqua-Fit		Adult Lap Swim
10am	Lessons	Lessons H2O Aerobics	Lessons	Lessons	Lessons	Lessons	Open Swim/Adult Lap Swim
11am							
12pm	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim
1pm							
2pm							
3pm	Lessons	Lessons	Lessons	Lessons		Pool Parties	Pool Parties
4pm							
5pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
6pm							Open Swim/Adult Lap Swim
7pm	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim	Open Swim/Adult Lap Swim
8pm							
9pm							
10pm	Pool closes at 10 pm Mon - Sat						

In addition to general health and safety rules already posted, the following rules also apply:

- 1 Cleansing showers are required of every person before entering any pool or whirlpool
- 2 All children under the age of 6 must have a responsible adult age 16 or over in the water within arms reach at all times
- 3 All bathers, regardless of age, requiring a diaper must wear a plastic protective pant. Approved swim diapers are available at the Aquatics Desk for \$5.
- 5 Pool space is always available for adult laps swimmers in both the recreation and lap pool
- 6 Anyone with a communicable disease or anyone who has been ill with vomiting or diarrhea within the last two weeks is prohibited from entering the water

Open Swim: Open swim is available in our recreational pool for general use and play by members and their guests of all ages. Lap lanes are also available. Pool and whirlpool rules apply at all times.

Monday – Saturday, 10 am – 10 pm  
 Sunday, 10 am – 8:30 pm



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## Competition Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pools open at 5 am M - F						
5am	Adult Lap Swim	Adult Lap Swim		Adult Lap Swim	Adult Lap Swim		
6am	Swim Team	Masters	Swim Team	Adult Lap Swim	Masters	open at 6:15 Adult Lap Swim	
7am		Swim Team			Swim Team		Swim Team
8am	Deep H2O	Adult Lap Swim	Deep H2O	Adult Lap Swim	Deep H2O	Masters	open at 8 am
9am		Masters		Masters			
10am	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	H2O Aerobics Adult Lap Swim	Adult Lap Swim	Swim Team	Adult Lap Swim
11am							Adult Lap Swim
12pm	Masters	Masters	Masters	Masters	Masters		
1pm							
2pm	Adult Lap Swim	Adult Lap Swim	Family Float & Frolic Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Pool Parties
3pm							Pool Parties
4pm							
5pm							
6pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		Adult Lap Swim
7pm						Family Float & Frolic	
8pm							Close at 8:30 pm
9pm	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim	Adult Lap Swim		
10pm	Pools close at 10 pm unless otherwise noted. No whirlpool or pool use after 10 pm.						

### Lap Swim Hours

Monday – Friday:

5 am – 10 pm

Saturday: 6:15 am – 10 pm

Sunday: 8 am – 8:30 pm

### Float & Frolic times

Wednesdays 1:30 - 3p

Saturdays 6:30 -8p

*Family Float & Frolic will run through February 17 and return in the summer.*

**Lap Swim:** Pool space is always available for adult lap swimmers in both the recreation and lap pool. Please circle swim with 3 or more swimmers. Always start, turn and finish at the wall. This will enhance your fitness and keep clear communication within the lane.

**Open Swim:** general use and play by members and their guests of all ages in the Recreation Pool. Lap lanes are also available.

**Masters:** an adult swim-training program open to all members

**Family Float & Frolic:** our giant inflatable obstacle course!

**Swim Team:** Bellevue Club Swim Team

**Deep H2O:** Water Aerobics

*Schedule subject to change at discretion of Aquatics Director. Effective 1/4/2010*