

# Pullen Aquatic Center – Teaching Pool Information – Jan-May 2017

The warm water teaching pool is used for therapy, swimming lessons, recreational swimming, and other scheduled classes.

- 1) For **safety**, recreational swimming is limited to non-swimmers under 4'6" tall and their guardian. Lap swimming and intense aerobic exercise (including swimming laps with face submerged) are not allowed in the teaching pool.
- 2) For **safety**, please limit jumping into the pool to the 4' side of the pool. Please stay off of the divider wall.
- 3) During the **Individual Therapy** times therapy users will be given priority use of the 4 ft. side of the teaching pool. Individual Therapy times are indicated by gray shading.
- 4) During **Recreation Swim** all swimmers are allowed full use of the Teaching Pool – space will not be reserved for individual therapy during this time. Recreational swimming times are indicated in white (no shading).
- 5) During **Scheduled Exercise Classes** the 4 ft. side of the pool will be reserved to conduct these classes and will not be available for individual therapy. Scheduled Classes are indicated by the dotted shading and the name of the class being held.
- 6) The teaching pool is **Not Available** to the general public during swim lessons. This is indicated by the black shading. The 4' side can be shared with those wishing to do individual therapy.

## Pullen Teach Pool Availability Jan-May 2017

Time	Saturday		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side
5:30-6am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
6-6:30am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
6:30-7am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
7-7:30am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
7:30-8am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
8-8:30am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
8:30-9am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
9-9:30am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
9:30-10am	Black	Black	Black	Black	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray	Gray
10-10:30am	Black	Black	Black	Black	Gray	Gray	Black	Black	Gray	Gray	Black	Black	Gray	Gray
10:30-11am	Black	Black	Black	Black	Gray	Gray	Black	Black	Gray	Gray	Black	Black	Gray	Gray
11-11:30am	Black	Black	Black	Black	Gray	Gray	Black	Black	Gray	Gray	Black	Black	Gray	Gray
11:30-12pm	Black	Black	Black	Black	Gray	Gray	Black	Black	Gray	Gray	Black	Black	Gray	Gray
12-12:30pm	Black	Black	Black	Black	Gray	Gray	Black	Black	Gray	Gray	Black	Black	Gray	Gray
12:30-1pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
1-1:30pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
1:30-2pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
2-2:30pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
2:30-3pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
3-3:30pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
3:30-4pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
4-4:30pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
4:30-5pm	White	White	White	White	White	White	White	White	White	White	White	White	White	White
5-5:30pm	White	White	White	White	White	White	Black	Black	White	White	Black	Black	White	White
5:30-6pm	White	White	White	White	White	White	Black	Black	White	White	Black	Black	White	White
6-6:30pm	White	White	White	White	White	White	Black	Black	White	White	Black	Black	White	White
6:30-7pm	White	White	White	White	White	White	Black	Black	White	White	Black	Black	White	White
7-7:30pm	White	White	White	White	White	White	Black	Black	White	White	Black	Black	White	White
7:30-8pm	White	White	White	White	White	White	Black	Black	White	White	Black	Black	White	White

= Not Available    
  = Available for individual therapy    
  = Available for anybody to swim (\*Recreational swim)

\*Lane availability for recreational swim is subject to change due to patron attendance.

**Thank you for your cooperation in making this pool available to all!**