

UPCOMING EVENTS

The Indoor pools will be closed during the following events. Watch for more information.

April 22 - Heart & Sole Triathlon
July 29 - Tiki Trot 5k & Fun Run
September 2 - Kidz Triathlon



NOTES

- The Therapy Pool is open the same hours as the lap pool.
- Any individual aged 16 or over may utilize the Therapy Pool when it is not being used for an organized class or program.
- There are several water aerobics classes that utilize the therapy pool. Depending on class size, the Therapy Pool may be unavailable during these classes. Please see the Aquatics Class schedule for details.
- Parks & Recreation swim lessons throughout the year. Depending on class size, the Therapy Pool may be unavailable when swim lessons are in session.



LAP SWIM PROTOCOL

1. Swimmers may be required to share lanes during busy times. Without lane sharing only one person per lane (a maximum of 8 swimmers) could enjoy the pool at a time.
2. It is common lap swimming etiquette for swimmers to share lanes as follows:
 - A. SWIMMING SIDES - with two swimmers in a lane, each swimmer should pick a side & stay on that side.
 - B. CIRCLE SWIMMING - When there are three or more swimmers in a lane, swimmers should "circle swim," which means to swim in a circle within the lane, always staying to the right side.
3. If there are more than two (2) swimmers in a lane, be considerate by speeding up when passing or, when passed, slowing down so the pass may be made quickly.
4. If you find you are in a lane that is too slow for you, please move to a lane with swimmers closer to your speed.
5. Never dive into the shallow end of the pool and never dive into a lane that is already being used. Please tap the swimmer's foot or hand to let them know you are entering the lane.
6. Be considerate to others. Look where you are swimming.
7. Lap swimmers should swim within the lap lane lines only. This is for your safety and the safety of other patrons. If no one else is swimming in the pool, please ask the life-guard on-duty before lap swimming outside the lanes.
8. If you have any questions about lap swimming, please see the Aquatic Manager or the Head Guard on-duty.

Thank you for observing Falling Springs' Lap Swim Etiquette. We want everyone to have a safe, enjoyable experience when visiting the facility.



VERSAILLES WOODFORD
PARKS & RECREATION

LAP LANE SCHEDULE & GENERAL INFO


**FALLING SPRINGS
CENTER**
MORE THAN JUST A GYM

**Effective 2.13.17
Schedule is subject
to change without notice**

For questions or more info, please contact
Fitness/Aquatics Manager Tefany Bleuel
at 873-5948 x 227 or
tbleuel@vwcparksrec.com.

LAP LANE SCHEDULE

POOL HOURS
 M-F 5:30 AM-8 PM
 Sat 7 AM-6:30 PM
 Sun 10 AM-6:30 PM

**WINTER
2017**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:30 AM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	POOL OPENS AT 7:00 AM ALL LANES OPEN	
9:30 – 11:00 AM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	9:30 - 11 AM TNT-Lanes 1-3	POOL OPENS AT 10:00 AM ALL LANES OPEN
11 AM-12:30 PM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	11 AM -12:30 PM Frankfort Sunfish Lanes 1-2	ALL LANES OPEN
12:30-4:00 PM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN
4:00-5:30 PM	TNT Lanes 1-3 4:00 - 5:30 PM	TNT Lanes 1-3 4:00 - 5:30 PM	TNT Lanes 1-3 4:00 - 5:30 PM	TNT Lanes 1-3 4:00-5:30 PM	TNT Lanes 1-3 4:00-5:30 PM	ALL LANES OPEN	ALL LANES OPEN
5:30 - 8:30 PM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN POOL CLOSSES AT 6:30 PM	ALL LANES OPEN POOL CLOSSES AT 6:30 PM

NOTES:

- Be courteous & share lanes when necessary
- Be courteous of Water Fitness Classes...use a lane if needed
- Lap lanes should be used for lap swimming only
- Times are subject to change

**ASK ABOUT OUR ADAPTIVE
AQUATICS PROGRAM!**

**JOIN THE PARTY!
HOT H2O
T/TH 6:30PM**



**CHANGE UP YOUR WORKOUT &
TRY SOMETHING NEW! PICK UP
AN AQUATIC OR LAND FITNESS
CLASS BROCHURE IN THE LOBBY
OR ONLINE TODAY!**