

## UPCOMING EVENTS

The pools will be closed the following days and/or times as follows:

**April 20** Heart & Sole Triathlon (Pool opens 12 PM)

**June 28** Late Night Swim at Splash Pool

**Aug 17** Kids Triathlon (Pool opens 12 PM)

**July 19** Dive in Movie at Splash Pool



## THERAPY POOL

- 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.
- Please note that 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.
- The Therapy Pool is also utilized for 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 and 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 when passing, by speeding up or when passed, by 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 swimming 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 POOL & THERAPY POOL SCHEDULES & GENERAL INFO

**Updated 2.22.19**  
**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@vwcparcsrec.com](mailto:tbleuel@vwcparcsrec.com).

# LAP LANE SCHEDULE

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

**SPRING  
 2019**  
 UPDATED 2.22.19

## LAP POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:00 AM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	POOL OPENS @ 7 AM Lane 7 Open	
8:00-12:15 PM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	Lanes 5 & 6 Open	POOL OPENS @ 10AM
12:15-4:00 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*	Lanes 5 & 6 Open	Lanes 5 & 6 Open	Lanes 5 & 6 Open	Lanes 5 & 6 Open	Lanes 5 & 6 Open	ALL LANES OPEN	ALL LANES OPEN
5:30-8:30 PM*	Lanes 5 & 6 Open	Lanes 5 & 6 Open	Lanes 5 & 6 Open	Lanes 5 & 6 Open	Lanes 5 & 6 Open	ALL LANES OPEN UNTIL 6:30 PM	ALL LANES OPEN UNTIL 6:30 PM

## THERAPY POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-9:30 AM	OPEN	OPEN	OPEN	OPEN	OPEN	POOL OPENS @ 7 AM	
9:30 AM-1:30 PM	Aquatic Therapy Class 9:30-10:15 AM	Short Circuit Class 9:30-10:15 AM	Aquatic Therapy Class 9:30-10:15 AM	Short Circuit Class 9:30-10:15 AM	OPEN	Swim Lessons 8:30-12:30 PM	POOL OPENS @ 10AM
1:30-5:15 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1:30-8:00 PM	Swim Lessons 5:15-7:30 PM	Swim Lessons 5:15-7:30 PM	Swim Lessons 5:15-7:30 PM	Swim Lessons 5:15-7:30 PM	OPEN	POOL CLOSES @ 6:30 PM	POOL CLOSES @ 6:30 PM

### NOTES:

- Be courteous and share lanes if needed
- Be courteous of Water Fitness Classes & use a lane if needed
- Lap Lanes should be used for lap swimming only.



### NOTE:

All Dates & Times are subject to change at anytime. To receive updates on schedule changes, cancellations or closings, please sign up for the REMIND APP and text @fslap to 81010

\*Indicates lane usage may be limited Mon-Thu between 4 PM & 8:30 PM

Change up your workout and try something new! Aquatic & Land Fitness Class brochures are available in the lobby!