

UPCOMING EVENTS

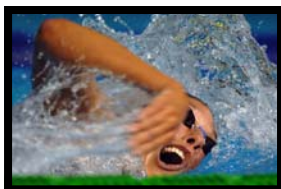
The pools will be closed the following days and/or times as follows:

Mar 6-8	Swim Meet	Pools closed all day
Mar 22	Guard Training	Pools close at 4 PM
Apr 18	Heart & Sole Tri	Pools closed til 12 PM
Apr 26	Guard Training	Pools close at 4 PM
May 25	Memorial Day	Indoor Facilities Closed



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 lifeguard 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 2.24.20
Schedule is subject to change without notice.

For questions or more info, please contact Fitness/Aquatics Manager Tefany Bleuel at 873-5948 x 4814 or tbleuel@vwcparcsrec.com.

LAP LANE SCHEDULE

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

**SPRING
 2020
 UPDATED 2.24.20**

LAP POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:15 AM	Lanes 3-8 Open	ALL LANES OPEN	Lanes 3-8 Open	ALL LANES OPEN	ALL LANES OPEN	POOL OPENS @ 7 AM	
7:15-11:15 AM*	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	Lane 7 Open 7:15-9:15 Lanes 5, 6 & 7 Open 9:30-11:15	POOL OPENS @ 10AM
11:15-12:15 PM	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	Lanes 5, 6 & 7 Open	ALL LANES OPEN
12:15-5:00 PM*	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN	ALL LANES OPEN
5:00-8:30 PM*	Lanes 6* & 7* Open	Lanes 6* & 7* Open	Lanes 6* & 7* Open	Lanes 6* & 7* Open	Lanes 6* & 7* Open	ALL LANES OPEN UNTIL POOL CLOSES AT 6:30 PM	ALL LANES OPEN UNTIL POOL CLOSES AT 6:30 PM

THERAPY POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:00 AM	OPEN	OPEN	OPEN	OPEN	OPEN	POOL OPENS @ 7 AM	
8:00 -10:00 AM	Aquatic Therapy Class 8:30 - 10:30 AM	Aquatic Therapy Class 9:00 -10:00 AM	Aquatic Therapy Class 9:00 - 10:00 AM	Aquatic Therapy Class 9:00 - 10:00 AM	OPEN	Swim Lessons 8:30-11:30 AM	POOL OPENS @ 10AM
10:00-5:15 PM	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
5:15-8:30 PM	Swim Lessons 5:15-7:20 PM	Swim Lessons 5:15-7:20 PM	Swim Lessons 5:15-7:20 PM	Swim Lessons 5:15-7:20 PM	OPEN	POOL CLOSES @ 6:30 PM	POOL CLOSES @ 6:30 PM

*Lanes 6 & 7 may be occupied by swim teams during these times, however you may ask a guard to move the swim team over if there is not a lane available for lap swimming.



NOTE:

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

* Indicates lane usage may be limited

Change up your workout and try something new! Aquatic & Land Fitness Class brochure are available online!