

# SPRING POOL SCHEDULE

MARCH 25 - JUNE 9, 2024

All pool hours are subject to change.



COMMUNITY SERVICES  
FOREST HILLS PUBLIC SCHOOLS

## SCHEDULED POOL CLOSINGS

DATE	TIME	REASON
MARCH 29	ALL DAY	HOLIDAY
MAY 25 - 27	ALL DAY	HOLIDAY
JUNE 7	ALL DAY	STAFF TRAINING

## MONDAY THROUGH FRIDAY - ADULT SWIM TIMES

## NOTES

LAP SWIM	7:30 am - 9:00 am*	
LAP SWIM	11:30 am - 1 pm**	Canceled on 4/19, 25, 26, 5/1, 8, & 15
ON YOUR OWN EXERCISE - DEEP WATER	7:30 am - 9:00 am*	
ON YOUR OWN EXERCISE - SHALLOW WATER	11:30 am - 1 pm**	Not available on Tuesdays, 4/16 - 5/21
ADULT/CHILD SWIM - SHALLOW END ONLY	11:30 am - 1 pm	Not available on Tuesdays, 4/16 - 5/21

\*The lap swim will run the yard course with eight lanes available. The diving well is available for deep water exercise.

\*\*The lap swim will run the meter course with six lanes available. The shallow end is available for on your own exercise, except as noted above.

## SATURDAYS: APRIL 13 - MAY 18

OPEN SWIM*	1:00 pm - 3:00 pm
LAP SWIM	3:00 pm - 4:00 pm
ON YOUR OWN EXERCISE - SHALLOW WATER	3:00 pm - 4:00 pm

\*The shallow end and six-foot area will be available to use. There are two lap lanes available for lap swim only. The diving board area is for diving board use only. One low diving board will be open.

## SWIMMING POLICIES FOR YOUTH

Youth are welcome to attend various pool activities. Use these guidelines to ensure everyone is swimming safely.

- Children aged 12 and up can participate in open swim without a parent or guardian on-site. All children aged 11 and under must have a parent or guardian on the pool deck.
  - If a child cannot swim at least the width of the pool they must stay in the shallow end.
  - Non-swimmers under 52 inches tall and anyone who is using a flotation aid (not provided) must have a parent or guardian in the water with them. Parents or guardians should always be within arms reach of a non-swimmer. Flotation aids are only allowed in the shallow end.
  - Users are welcome to bring their own toys for use at our facility. Toys should be used in the shallow end only.
- Youth can participate in lap swimming so long as they are adhering to proper lap swimming etiquette.

***The rail of the lifeguard chair just below the platform, is 52 inches high.***