

POOL SCHEDULE

3989 North Shore Drive, Bryan, TX 77807
(979)731-6131

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Open Pool 7 - 8 am	Open Pool 7 - 8 am	Open Pool 7 - 8 am	Open Pool 7 - 8 am	Open Pool 7 - 8 am	
7:30 AM						
8:00 AM	Open Pool 8 - 9 am	Open Pool 8 - 9 am	Open Pool 8 - 9 am	Open Pool 8 - 9 am	Open Pool 8 - 9 am	Open Pool 8 am – 12 pm
8:30 AM						
9:00 AM	Aquacise 9 - 10 am	Open Pool 9 - 10 pm	Aquacise 9 - 10 am	Open Pool 9 - 10 pm	Aquacise 9 - 10 am	
9:30 AM						
10:00 AM	Aquacise 10 - 11 am	Open Pool 10 - 11 am	Aquacise 10 - 11 am	Open Pool 10 - 11 am	Aquacise 10 - 11 am	
10:30 AM						
11:00 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
11:30 AM						
12:00 PM	Open Pool 12 - 1 pm	Open Pool 12 - 1 pm	Open Pool 12 - 1 pm	Open Pool 12 - 1 pm	Open Pool 12 - 1 pm	CLOSED
12:30 PM						
1:00 PM	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	Open Pool 1 - 2 pm	
1:30 PM						
2:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	Open Pool 2 - 3 pm	
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Open Pool 4 - 6:30pm	Open Pool 4 - 6:30 pm	Open Pool 4 - 6:30 pm	Open Pool 4 - 6:30 pm	CLOSED	
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM	CLOSED					

Effective August 1, 2019

Pool Class Description

- **Aquacise** – an instructor led water aerobics class. It is a shallow water medium to high intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility.

Pool Policies

1. Each time you use the pool, please scan in or write name on sign in sheet.
2. Please adhere to class and open pool times. If therapy or class cool down is ongoing when you arrive, please minimize loud conversation.
3. For everyone's safety, early entry into the pool is at the instructor's or staff member's discretion. If you have a physical therapy appointment, do not enter pool until the therapist is present.
4. Please shower before entering either pool.
5. Please do not dress or leave clothing in bathroom stalls, **or** next to shower stalls
6. Proper swimming attire is required; one-piece suits for ladies are preferred. **No cotton clothing is permitted. May wear polyester blends or dry fit material.** Pool shoes are recommended but not required.
7. Lockers are available for day use; **you will need to bring your own lock for lockers.** Please lock up valuables. Two towels per visit are provided; discard in hamper after use.
8. Please dry off completely before leaving changing rooms. Walkways are slippery and dangerous.
9. Pool attendees must be ambulatory or be assisted by caregiver or therapist.
10. Pool attendees must be **continent.**
11. Open wounds must be covered by an occlusive waterproof dressing, such as a Tegaderm bandage.
12. No one with a communicable disease is allowed in either pool.
13. External catheters must receive approval of Outpatient Services Director; colostomy bags are not permitted.
14. Feeding tubes must have peg placement protected by an occlusive waterproof dressing, such as Tegaderm.
15. No diving, running or horseplay is permitted in pool area.
16. No gum, smoking or glass containers are allowed in pool area.
17. All profanity, improper behavior and vulgar remarks are prohibited.
18. All persons must exit the pool for **30 minutes** if thunder or lightning is observed per National Lightning Safety Institute and American Red Cross Standards.