

NORTH CENTRAL HEALTH CARE POOL SCHEDULE & FEES

MON	TUES	WED	THURS	FRI	SAT
6:30-7:30 AM FITT CLASS	CLOSED 7:00-7:30 AM LAP SWIM	6:30-7:30 AM FITT CLASS	CLOSED 7:00-7:30 AM LAP SWIM	6:30-7:30 AM FITT CLASS	CLOSED
7:30-8 AM LAP SWIM (3 LANES) 7:30-9:30 AM COMMUNITY FITT	7:30 AM - 6 PM COMMUNITY FITT/PT	7:30-8 AM LAP SWIM (3 LANES) 7:30-9:30 AM COMMUNITY FITT	7:30 AM - 6 PM COMMUNITY FITT/PT	7:30-8 AM LAP SWIM (3 LANES) 7:30-9:30 AM COMMUNITY FITT	
9:30-10:30 AM LAP SWIM		9:30-10:30 AM SUPERVISED ACTIVITIES		9:30-10:30 AM LAP SWIM	9 AM-12 PM COMMUNITY/ FAMILY FITT
CLOSED		CLOSED		CLOSED	
11AM-12PM ARTHRITIS EXERCISE		11AM-12PM ARTHRITIS EXERCISE		11AM-12PM ARTHRITIS EXERCISE	
12-6 PM COMMUNITY FITT/PT		12-4 PM COMMUNITY FITT/PT		12- 1 PM SUPERVISED ACTIVITIES	CLOSED
				CLOSED	
		4-6 PM FAMILY FITT/PT		1:30-4 PM COMMUNITY FITT	
				CLOSED	
CLOSED	6-7 PM ARTHRITIS EXERCISE	CLOSED	6-7 PM ARTHRITIS EXERCISE	CLOSED	

POOL USE FEES:		DAILY	MONTHLY	ANNUALLY
COMMUNITY AND	INDIV.:	\$9	\$38	\$310
FAMILY FITT:	COUPLE:	\$13	\$62	\$460
	FAMILY:	\$16		

ARTHRITIS EXERCISE: \$85 FOR 12 CLASSES

FITT CLASS: \$96 FOR 12 CLASSES

LOCKER RENTAL: \$25 FOR 6 MONTHS OR \$45 FOR 1 YEAR

POOL RENTAL: \$138/HR. WITH LIFEGUARD

POOL RULES AND REGULATIONS

- Please be courteous of all patrons using pool
- Physician referral required for all pool activities
- Soap shower required before entering the pool
- Persons with open wounds or communicable diseases are not permitted to use the pool
- Pollution of swimming pool prohibited-urinating, expectorating, or releasing other bodily fluids is prohibited
- Keep locker room benches clear of personal belongings
- Private changing rooms available for patrons requiring additional assistance, and for families with children
- After using wheelchairs, please tip over to drain out water.
- Please be courteous of exercise programs prior to start of open pool times, please stay in locker room until class has ended
- Three lanes are reserved for lap swimming mon-fri from 7:30-8:00 am. Swimmers have the right of way during this time.
- No diving into pool
- No running/horseplay on pool deck
- Please be courteous of everyone's exercise regimen, lap swimmers watch for other patrons, and non-lap swimming patrons watch for lap swimmers.
- Please spend a reasonable amount of time when using exercise equipment, be aware of others wanting to use the same equipment.
- During physical therapy hours, physical therapy patients have priority use of exercise equipment.
- Please be aware of splashing when other patrons are close by.
- Please exit the pool promptly after the scheduled pool hours have ended.
- Wearing swim shoes/sandals in locker room and pool deck highly recommended. Pool deck can be very slippery.
- Please bring your own towels, towels are not provided by facility.

Lifeguards reserve the right to ask anyone not obeying the rules of the pool to leave the facility.