



EUSTIS AQUATIC CENTER

WINTER SCHEDULE 2009-2010

(Begins Monday, November 2nd)

The Aquatic Center is located at **250 Ferran Park Dr, Eustis, FL 32726**. Enjoy the view of beautiful Lake Eustis and Ferran Park from the pool side.

Small Pool HEATED to 86°

Lap Pool HEATED to 82°

Schedule Subject to Change

(352) 357-3264

<http://www.eustis.org/depts/recreation.htm>

POOL CLOSURES

November 11 (W)	Veteran's Day / City Holiday
November 26-27 (Th-F)	Thanksgiving / City Holiday
December 24-25 (Th-F)	Christmas / City Holiday
January 1 (F)	New Year's Day / City Holiday
January 18 (M)	MLK Jr Bday / City Holiday

* Pool remains closed while the outside temperature is below 50°.

*Sometimes scheduling conflicts arise. Please watch for temporary schedule changes to be posted at the pool.

Lap Swim

25 yard lap pool. This time is for swimmers, triathletes, or individuals looking to stay in shape. Increase cardiovascular fitness, blood circulation, strength, & flexibility while lowering stress levels.

Reminders:

- LIMITED LANES – You May Have to Share
- Fins, Buoys, and Kickboards Allowed in Lanes
- Noodles & Exercise Dumbbells NOT Allowed in Lanes
- Often Others are Waiting for a Lane
 - * Keep Conversations at a Minimum
 - * SWIM ONLY (NO Standing, Floating, Dancing, etc. Use the open section of the pool for this.)

Fee: \$1.⁰⁰ Per Person, Per Visit

Times: Monday - Friday
8:30am - 1:00pm
2:30pm - 4:30pm



Open / Public Swim

This time is for individuals who want to leisure swim, play, float, water jog, exercise with dumbbells or noodles, sunbathe, read, or lounge.

DO NOT SWIM IN LAP LANES

Use Small Pool or Open Section

Fee: \$1.⁰⁰ Per Person, Per Visit

Times: Monday - Friday
11:00am - 1:00pm
2:30pm - 4:30pm



Exercise Classes

Aerobic style classes that use water as resistance. The buoyancy of the water minimizes or eliminates (depending on the class) the effects of gravity so you can achieve an effective, little to no impact workout. Great for improving flexibility, range of motion, and strength. Approx. 50 mins

Reminders:

- Ages 13+
- Take the Class Seriously
- Space & Provided Equipment are Limited – First Come First Serve
- MUST Have 2+ People to Hold Class

Fee: \$2.⁰⁰ Per Person, Per Class

	Deep Water	Shallow Water	H ₂ O Cardio
Mon	9:00am	10:00am	
Tue		9:00am	10:00am
Wed	9:00am	10:00am	
Thu		9:00am	10:00am
Fri	9:00am	10:00am	
	Moderate to High Intensity NO Impact	Low to Moderate Intensity Light Impact	High Intensity Moderate Impact

POOL RULES / OTHER INFO ON BACK →



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POOL RULES

- Children Under 10 Years Old **MUST** be Accompanied by a Parent/Guardian - NOT an Older Sibling
- **MUST** Wear a Bathing Suit to Enter Pool
- **NO** T-shirts, Cotton Tanks, or Bras - Swim Shirts Accepted
- **NO** Boxers, Cotton Shorts, Cargo Shorts, Khakis, or Cut Offs
- **NO** Jumping or Diving - Ease into Pool
- **NO** Running
- **NO** Rough Play - Hands & Feet to Yourself
- **NO** Food or Drink - Water is Permitted
- **NO** Alcohol or Tobacco
- **NO** Glass
- **NO** Floats or Toys - During Winter Season Small Toys Acceptable
- **NO** Animals
- **NO** Profanity
- **NO** Refunds for Weather
- **NO** Bicycles Inside Facility or on the Fence - Use the Bike Rack
- **NO** Admission with Less Than 30 Minutes to Swim
- Shower With Soap Before Entering Pool
- Stay Off Stairs & Ladders Unless Entering/Exiting Pool
- Starting Blocks are for SWIM TEAM ONLY
- Children Who Are Not Toilet Trained **MUST** Wear a Swim Diaper

- Water Wings & FL Coast Guard Approved Lifejackets are the **ONLY** Flotation Devices Allowed
- You **MUST** be in the Pool With Your Child if He Cannot Swim (or needs a flotation device)
- **PLEASE** Keep an Eye on Your Child - Lifeguards are Here for Patron Safety NOT to Babysit
- **OBEY LIFEGUARDS AT ALL TIMES - IF THIS CANNOT BE DONE YOU WILL BE ASKED TO LEAVE**



When the pool is cleared for thunder &/or lightning patrons must clear the pool deck. Patrons may wait in the restrooms, hallway, or front entrance area. SHOWERS ARE OFF LIMITS at this time.

The lifeguards will allow patrons back into the pool after waiting a minimum of 30 minutes from the last clap of thunder or lightning strike. THIS IS FOR PATRON & STAFF SAFETY.

ASK ABOUT POOL RENTALS

OTHER PROGRAMS

SCUBA CLASSES

USS SWIM TEAM – COMING SOON

JINGLE BELL SWIM
INFO AVAILABLE LATE NOVEMBER