## pool clipartShelton Community Center Pool Schedule

## **August 18, 2025 – February 8, 2026**

## **Parks and Recreation Office - 203-925-8422** Press 1 for Information/Cancellation Line Recording Press 2 for Office Line

## **Website - sheltonparksandrec.recdesk.com** **pool Closed: 9/1, 10/13, 11/11, 11/22 - 12/4, 12/25, 1/1, 1/19**

## **Various activities take place daily throughout the pool. Refer to the Additional Pool Usage section for more info.**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | **Friday** | | **Saturday** | **Sunday** |
| **ADULT SWIM 18+ 6:00-9:30 am** | **ADULT SWIM 18+6:00-9:30 am** | **ADULT SWIM 18+6:00-9:30 am** | | **ADULT SWIM 18+6:00-9:30 am** | **ADULT SWIM 18+6:00-9:30 am** | | **ADULT SWIM 18+** **7:30-8:30 am**  **Lap Swim Only**  **8:30-9:00** | **ADULT SWIM 18+** **7:30-9:30 am** |
| ALL AGES  **9:30-10:30 am** | ALL AGES  **9:30-10:30 am** | ALL AGES  **9:30-10:30 am** | | ALL AGES  **9:30-10:30 am** | ALL AGES  **9:30-10:30 am** | | ALL AGES  **9:30-11:45 am** |
| **POOL CLOSED FOR CLEANING 10:30-12:00 pm**  Monday – Friday No Locker Room Access – Please clear Locker Rooms by 10:45 AM. | | | | | | | POOLCLOSED | POOLCLOSED |
| **ADULT SWIM 18+ 12:00-1 pm** | **ADULT SWIM 18+ 12:00-1 pm** | **ADULT SWIM 18+ 12:00-1 pm** | | **ADULT SWIM 18+ 12:00-1 pm** | **ADULT SWIM 18+ 12:00-1 pm** | | **ALL AGES**  **1–3:30 pm** | **ALL AGES**  **1-3:30 pm** |
| ALL AGES  **1 – 2:45 pm** | ALL AGES  **1 – 2:45 pm** | ALL AGES  **1 – 2:45 pm** | | ALL AGES  **1 – 2:45 pm** | ALL AGES  **1 – 2:45 pm** | | POOL CLOSED 3:30 pm | |
| **Pool Closed – SHS Swim Team Practice – 2:45 – 5:00 pm M/W/F – 2:45 - 4:30 pm T/Th** | | | | | | | **EVENING PRIORITY RULES**  **Lap Swim Only Monday and Wednesday 6:00 -8:45 pm.**  **No open area during these times. CIRCLE SWIM is MANDATORY.**  **Limit of 4 per lane. 2 lanes available when swim lessons in session.**  **NO LAP SWIM Tuesday and Thursday 4:30 pm to 8:00 pm.**  **Pool Dimensions:**  8 lanes, 25 x 20 yards, 4' - 9' Deep  Temperature is 83℉. | |
| **ADULT SWIM** **18+ 5:00-6 pm** | **ALL AGES**  **NO LAP SWIM**  **Lanes Closed 4:30-8:00 pm** | **ADULT SWIM 18+ 5:00-6 pm** | | **ALL AGES**  **NO LAP SWIM**  **Lanes Closed 4:30-8:00 pm** | **ADULT SWIM 18+ 5:00-6 pm** | |
| **ALL AGES**  **LAP SWIM ONLY**  **Circle Swim Required**  **6:00–8:45 pm** | **ALL AGES**  **LAP SWIM ONLY**  **Circle Swim Required**  **6:00–8:45 pm** | | **ALL AGES**  **6:00–8:45 pm** | |
| **Lap Swim**  **allowed 8-8:45** | **Lap Swim**  **allowed 8-8:45** |
| POOL CLOSED 8:45 pm | | | | | | |
| ADDITIONAL POOL USAGE  Schedule may be subject to change without notice. Classes listed are for member reference and may not take place every week.  Additional Classes or lane closures can take place at any time for any reason.  **SPECIAL NEEDS FAMILY SWIM –**  **Free for Shelton Residents with Special Needs and immediate family (household) – Sunday 11:45 to 1:00 pm**  Special Needs Family Swim free participants must currently reside in Shelton. Proof of residency required. Non-Resident relatives cannot participate.  Non-Residents with special needs and current pool membership may participate during designated Special Needs Family Swim times. | | | | | | | | |
| **Pool Classes Open Area (up to 4 lanes):**  **Deep End Aqua Jog –**  Wednesday/Friday 7:30 to 8:15 am  **Water Aerobics –**  Monday through Thursday  8:45 to 9:30 am  Monday/Wednesday  9:30 to 10:15 am  **Off the Deep End-**  Tuesday/Thursday 6:45 to 7:30 pm | | | **Lap Lanes (4 lanes):**  **Rapids Swim Team –**  Monday/Wednesday/Friday  3:30 – 5:00 pm, 6:00 to 8:45 pm  Tuesday/Thursday 3:00 to 7:00 pm  Saturday 9:00 to 11:00 am  Sunday 11:30-1:00  **Masters Swim Team –**  Tuesday/Thursday 7:00 to 8:00 pm  Must be registered member of Masters team.  Email [j.taylor@cityofshelton.org](mailto:j.taylor@cityofshelton.org) for contact info. | | | **Swim Lessons:**  **Weekdays-**  Tuesday/Thursday/Friday  9:30 to 10:30 am  Monday/Wednesday 6:00 to 8:15 pm  Tuesday/Thursday 4:30 to 6:45 pm  **Weekends-**  8:30 to 11:15 am Saturday  **Private Lessons –** Any time, must follow Adult/All Ages swim times. | | |

PLEASE NOTE:

1. Membership or walk-in required (exact change only, cash only on Sundays)
2. The Shelton Community Center reserves the right to turn away anyone at any time for health and safety reasons. Ex. failure to follow health/dress code, rules, pool schedule, or pool over capacity.
3. Adults with children of opposite sex must use the unisex Pool Lobby bathrooms to help children get changed. Shower available on pool deck.
4. **CIRCLE SWIMMING** is required with 2 or more swimmers. Lanes must accept additional swimmers. Lap swim prohibited in open area.
5. Layout of lanes changed at discretion of Lifeguards on duty. Lifeguards may move anyone at any time for any reason.

1. Locker room access allowed **5 minutes** before scheduled opening.
2. Patrons must clear Locker Rooms **15 minutes** after the pool is closed.
3. Pool closed for 30 minutes after last thunderclap or flash of lightning. Weather closures 1 hour or less prior to a scheduled pool closure may result in extended closure. (ex. thunder at 7:45 pm, scheduled pool closure at 8:45 pm, pool may remain closed for the evening and re-open at 6:00 am.)

# SHELTON POOL RULES & REGULATIONS UPDATED 8-2025

1. **Admission** by presentation of membership ID card or walk-in slip only. Replacement card fee $5/card.
   1. Schedule posted online. Printed copies available in the lobby. Closures/Cancellation recording 203-331-4120.
   2. **Locker rooms open 5 minutes prior to pool opening, and close 15 minutes after pool closure.** Changing/shower times should be accounted for by members. Please exit the locker rooms in a timely manner or face membership suspension.
   3. Lockers available for daily use only, bring your own lock. Shelton Parks and Recreation not responsible for lost belongings.
   4. Shelton Parks & Recreation Department reserves the right to move any swimmer at any time, for any reason, schedule swim lessons, team practices, swim meets, special events, & to limit the capacity of the pool for health & safety reasons at any time.
2. **State Laws and Health Codes:** People failing to follow Health Code will not be allowed to enter the pool.
   1. **ATTIRE- Bathing suits only, no mermaid tails/movement restricting clothing.** Cut-offs, T-shirts, shorts, basketball/gym shorts, street clothing (anything other than a bathing suit), or disposable diapers are not permitted. (Swim shirts/rash guards/modesty suits allowed.)
   2. All persons shall bathe with warm water and soap immediately before entering the pool.
   3. Persons with severe infections or cuts are not permitted in the water.
   4. Spitting or blowing of the nose into the pool or gutters is prohibited.
3. **Children in the Pool** - Children under the age of 18 must swim during ALL AGES times.
   1. **Children under 12 years of age must be accompanied into the water and supervised by an adult 18+**.
   2. **Adults may supervise no more than 2 children under 12 per adult.** Any adult accompanying a child must be no more than one arm’s length away from the child while in the pool. Adults must be in the water and cannot sit/stand on the side or stairs.
   3. **Any child in a floatation device must stay in the shallow end of the pool**. Children must sit out of the pool on a bench if adult leaves the pool for any reason. Children are not allowed to wait on the stairs.
   4. **Infants and untrained children must wear tight fitting vinyl pants.** Disposable diapers or swim diapers alone are not allowed by health code. Order from: [Amazon.com](http://www.amazon.com/Dappi-Waterproof-Vinyl-Diaper-Newborn/dp/B0035JL926), ex. “*Dappi waterproof 100% nylon diaper pants*”
   5. **Children 6 and under** may accompany the opposite sex parent/guardian into the locker rooms. **Family bathrooms in lobby.**
4. **No diving, running, horseplay, smoking, food, beverages, gum, allowed in the pool area, locker rooms, shower, or gallery.**
   1. No bandages or hairpins allowed. All jewelry should be removed before entry. P&R not responsible for lost personal items.
   2. One person on a ladder at a time. Stairs must be clear at all times. Children cannot play on the stairs.
5. **Life Vest/PFD’s** must be **U. S. Coast Guard approved with visible stamp of approval on the Life Vest**. No other swim aids allowed. Life Vests sized according to weight. Life Vests do not allow children to be left unsupervised.
6. **NO glass containers or bottles allowed in the pool area, locker rooms, shower, or gallery.** Broken glass will cause immediate and extended closure of the pool.
7. **Spectators must remain in the Pool Gallery.** Children must be within an arm’s length of guardian. *Remove street shoes* (ANY footwear worn at any time outside the pool area) upon entering the locker rooms and the pool deck.
8. **Equipment:** Aquatic joggers, barbells, pull buoys & noodles are available for adults (18+). All other equipment requires a doctor’s note for therapeutic use. **Children are limited to kickboards only, supervision required.** No Beach balls, inner tubes, bubbles, or inflatable toys/swimmies/water wings allowed. Lifeguards can remove any object at any time for any reason.
9. **Lifeguards**: A minimum of 2 lifeguards must be in attendance while the pool is in use. Do not visit with lifeguards on duty.
   1. **Lifeguards may limit any non-swimmer to the shallow end of the pool to ensure swimmer safety.**
   2. A “Swimmer” is able to complete the American Red Cross Water Competency test easily and on command.
   3. **Water Competency Test :** Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate 1 full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
   4. Refusal to leave when asked, belligerent, aggressive, or hostile behavior will require Lifeguards to contact the police.
10. **Lap Swim-** Lap lanes must be shared. Circle Swim is mandatory in with more than 2 swimmers in a lane. Members must circle swim if requested or they may climb out and wait for another lane to open up.
11. **Groups/Swim Teams/Parties** –
    1. Groups of 6 or more may be turned away for safety reasons. Rental requests minimum of 30 days in advance**.**
    2. Groups/teams/parties may not gather at the pool via daily walk-in passes without prior approval from the Pool Director.
12. **Lessons/classes/etc must be taught by staff members.** Any outside entities using facility without a rental will be told to leave.
13. **Violation of any rules may result in loss of pool privileges.** Any patron who becomes verbally abusive, or does not adhere to the rules and regulations adopted by the Parks and Recreation Commission will be suspended as follows:

**1st Offense =** 1 month suspension, **2nd Offense =** 6 month suspension, **3rd Offense =** Indefinite suspension

**Any threat of physical abuse will result in an indefinite suspension.** Any patron suspended may make a written request for a hearing before the Parks and Recreation Commission within 5 days of receipt of notification of suspension.