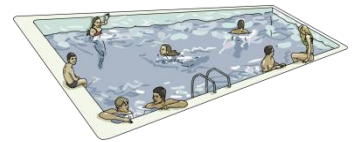


Shelton Community Center Pool Schedule

August 19th – November 22nd, 2024



sheltonparksandrec.recdesk.com

Information/Cancellation Line Recording – 203-331-4120

Pool Director – j.taylor@cityofshelton.org

Office Phone - 203-925-8422

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

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	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	Lap Swim Only 8:30-9:00	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.					POOL CLOSED	POOL CLOSED
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 for SHS Swim Team 2:45 pm to 5:00 M/W/F and 2:45 pm to 4:30 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. Only 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°F.	
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 6:00–8:45 pm	
ALL AGES LAP SWIM ONLY Circle Swim Required 6:00–8:45 pm	Lap Swim allowed 8-8:45	ALL AGES LAP SWIM ONLY Circle Swim Required 6:00–8:45 pm	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 - Sunday 11:45 to 1:00 pm

ALL participants in Special needs family swim must currently live in Shelton. Proof of residency required.

Non-resident relatives cannot participate (children, grandchildren, etc).

Pool Classes Open Area:

Early Morning Aerobics –
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:

Rapids Swim Team –
Monday/Wednesday/Friday 6:00 to 8:45 pm
Tuesday/Thursday 4:30 to 7:00 pm
Saturday 9:00 to 11:00 am
Sunday 11:30 am to 1:00 pm

Masters Swim Team –
Tuesday/Thursday 7:00 to 8:00 pm
Must be a registered member of the Masters team. Email Pool director for contact info.

Swim Lessons:

Weekdays-
9:30 to 10:30 am Tuesday/Thursday/Friday
4:30 to 6:45 pm Tuesday/Thursday
6:00 to 8:15 pm Monday/Wednesday


Weekends-
8:30 to 11:15 Saturday

Private Lessons – anytime, must follow Adult/All Ages swim times.

PLEASE NOTE:

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| <ol style="list-style-type: none"> 1) Membership or walk-in required (exact change only, cash only on Sundays) 2) POOL CLOSED: 9/2, 9/15, 10/14, 11/11 3) NO GLASS IN THE POOL AREA OR LOCKER ROOMS!!! 4) Adults with children of opposite sex must use the unisex Pool Lobby bathrooms to help children get changed. Shower available on pool deck. 5) CIRCLE SWIMMING is required with 2 or more swimmers. Lanes must accept additional swimmers. Lap swim prohibited in open area. | <ol style="list-style-type: none"> 6) Layout of lanes changed at discretion of Lifeguards on duty. 7) Lifeguards may move anyone at any time for any reason. 8) Locker room access allowed 5 minutes before scheduled opening. 9) Patrons must clear Locker Rooms 15 minutes after the pool is closed. 10) Any personal equipment (barbells, noodles, etc) subject to pool policy. 11) Pool closed for 30 minutes after last thunderclap or flash of lightning. 12) DETAILED POOL RULES ON BACK OF SCHEDULE |
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SHELTON POOL RULES & REGULATIONS

- 1) **Admission** by presentation of membership ID card or walk-in slip only. Replacement fee for a lost membership card is \$5/card.
 - a) **Lockers** available for daily use, not overnight. Bring your own lock 🗝️. The Shelton Parks and Recreation Dept. is not responsible for lost objects. Children 6 and under may accompany the opposite sex parent/guardian into the locker rooms.
 - b) **Locker room facilities are open 5 minutes prior to pool opening times and close 15 minutes after each pool closure. Patrons must exit within those 15 minutes.** Anyone needing additional changing/showering time should account for this in their arrival/workout time and exit the pool accordingly or they may face membership suspension.
- 2) **Lifeguards:** Do not visit with lifeguards on duty. A minimum of 2 lifeguards must be in attendance while the pool is in use. Lifeguards are present to watch the **ENTIRE** pool, not just your child. Guardians must supervise children during All Ages Swim.
- 3) **Children under 12 years of age must be accompanied in the water and supervised by an adult at least 18 years old.**
 - a) Lifeguards may limit anyone to the shallow end if that the individual is a non-swimmer. (To be counted as a "swimmer" children must be able to complete the American Red Cross Water Competency test, completing the skills easily on command.)
 - b) **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.
 - c) **All non-swimming children (see above) may have no more than 2 children per adult. All other children under 12 may have no more than 4 children per adult.** Any adult accompanying a child must be no more than one arms length away from the child while in the pool. 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) **State Laws and Health Codes:** People failing to follow Health Code will not be able to enter the pool.
 - a) **Bathing suits only in the pool. Cut-offs, T-shirts, shorts, basketball/gym shorts, street clothing (anything other than a bathing suit), or disposable diapers are not permitted. (Bathing suit material shorts and t-shirts are allowed)**
 - b) **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](https://www.amazon.com) search for "*Dappi waterproof 100% nylon diaper pants*"
 - c) **All persons shall bathe with warm water and soap immediately before entering the pool.**
 - d) **Persons with severe infections or cuts are not permitted in the water.**
 - e) **Spitting or blowing of the nose into the pool or gutters is prohibited.**
- 5) **Spectators must remain in the gallery.** Children must be within arms length of guardian while in gallery. Upon entering the locker rooms and the pool deck, you must remove street shoes (ANY TYPE of footwear worn at anytime outside the pool area). ALL spectators are to follow the direction of the pool staff while pool is open & lessons are in session.
- 6) **Equipment:** Aquatic joggers, barbells, pull buoys & noodles are available for adults. Face masks, snorkels & fins require a doctor's note for therapeutic use. Kickboards are the only equipment available for children, and only with supervision in the water. No Beach balls, inner tubes, bubbles, or inflatable toys/swimmies/water wings allowed. Lifeguards can remove any object that becomes a nuisance to other patrons or unsafe for use.
- 7) **No diving, running, horseplay, smoking, food, beverages, gum, glass containers or bottles allowed in the pool area, locker rooms, shower, or gallery.** No bandages or hairpins allowed in the pool. All jewelry and earrings should be removed before entry. The Shelton Parks and Recreation Dept. is not responsible for lost jewelry/belongings.
- 8) Only one person on a ladder at a time. The stairs must be cleared at all times. Children are not allowed to play on the stairs.
- 9) **Life Vest/PFD's** must be **U. S. Coast Guard approved with visible stamp of approval on the Life Vest.**
No other swim aids are allowed. Life Vests sized according to weight. Life Vests do not allow children to be left unsupervised.
- 10) **Swim hours** will be posted on sheltonparksandrec.recdesk.com and printed copies made available in the pool lobby.
 - a) **Patrons must leave the pool area immediately at closing time and clear locker room facilities within 15 minutes.**
 - b) Rental request by written application 30 days in advance. Large groups (12 or more) may be turned away for safety reasons.
 - c) The 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 anytime.
- 11) Swim lessons must be taught by a certified staff member. Any patron suspected of teaching swim lessons will be asked to leave.
- 12) **Violation of any rules may result in loss of pool privileges.** Amendment to pool rules voted into effect 2/6/1992 by Parks and Recreation Commission.
 - a) **Amendment** - 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.
- 13) Lifeguards may ask anyone to move to another area or leave the pool area if they create a disturbance or refuse to follow the rules. Refusal to leave when asked, belligerent, aggressive, or hostile behavior will require Lifeguards to contact the police.