



POOL RULES & POLICIES

In order to ensure the safety of our members and guests, please recognize the following pool rules and policies. Thank you.

- **NEW:** *The East Hills pool will be CLOSED to members each Friday from 2:00 – 3:00 PM for use by the Advent Therapy rehab team.*
- *Please shower before entering the pool.*
- *Please no roughhousing or horseplay. This includes no running on pool deck.*
- *There is no diving allowed at any location in the pool.*
- *Children under the age of twelve require adult supervision while using the pool.*
- *At East Hills, there is no lifeguard on duty. Please be advised to swim at your own risk.*

East Hills, Orchard Hills, and The MAC LIGHTNING POLICY

Effective Monday, October 9, 2006

East Hills Athletic Club (EHAC), The Michigan Athletic Club (MAC), and Orchard Hills Swim and Sports Club (OHSS) will institute a lightning policy affecting the pool areas at each location.

During severe storms containing lightning, each club will close its main pool and whirlpool for a period of 30 minutes following the last lightning sighting. Each pool will re-open when the severe weather has passed.

Our policy is based on recommendations from the National Lightning Safety Institute and our belief in maintaining the highest level of safety for our members and guests at all times.

Thank you for understanding.



OPEN SWIM HOURS OF AVAILABILITY

Additional open swim hours are available during program breaks. Please contact the Aquatics Director for further details.

MONDAY

3:00 PM – 4:00 PM 7:00 PM – 10:00 PM

TUESDAY

2:10 PM – 3:30 PM 7:45 PM – 10:00 PM

WEDNESDAY

7:00 PM – 10:00 PM

THURSDAY

2:10 PM – 4:00 PM 7:00 PM – 10:00 PM

FRIDAY

11:10 AM – 12:50 PM 2:00 PM – 9:00 PM

SATURDAY

1:00 PM – 9:00 PM

SUNDAY

7:45 AM – 8:00 PM

At East Hills, the pool is maintained at a comfortable 87 degrees.

Children ages **12 years of age and younger** require ADULT SUPERVISION at all times while using the pool.

During all open swim hours, ONE LANE will remain open for lap swim.

EAST HILLS ATHLETIC CLUB

POOL SCHEDULE JANUARY 4 – JUNE 6



POOL AVAILABILITY INSIDE!

**LAP SWIM
SWIM LESSONS
AQUA FITNESS
OPEN SWIM**



**LAP SWIM
HOURS OF AVAILABILITY**

Please note that lap swim hours indicated below allow for at least, and sometimes only, ONE LANE of availability.

Some lap swim hours may coincide with Open Swim and/or Swim Lessons (please review all hours).

MONDAY

5:15 AM – 4:00 PM 7:00 PM – 10:00 PM

TUESDAY

5:15 AM – 9:00 AM 2:00 PM – 4:00 PM
7:30 PM – 10:00 PM

WEDNESDAY

5:15 AM – 3:30 PM 7:30 PM – 10:00 PM

THURSDAY

5:15 AM – 9:00 AM 1:00 PM – 4:00 PM
7:00 PM – 10:00 PM

FRIDAY

5:15 AM – 9:00 AM 11:00 AM – 2:00 PM
3:00 PM – 9:00 PM

** NO LAP SWIM 2:00 – 3:00 PM each FRIDAY **

SATURDAY

6:45 AM – 8:30 AM 1:00 PM – 9:00 PM

SUNDAY

7:45 AM – 8:00 PM

Swim instruction will take place in either one or both lanes during non-posted hours.

If a lap lane is available during non-posted hours, members and guests are welcome to utilize this lane with an instructor's permission.



**SWIM LESSONS
DAILY AVAILABILITY**

Times outlined below indicate group lessons only.

MONDAY

9:00 AM – 12:00 AM 4:00 PM – 7:00 PM

TUESDAY

10:00 AM – 1:45 PM 4:00 PM – 7:45 PM

WEDNESDAY

9:00 AM – 11:30 AM 3:30 PM – 8:00 PM

THURSDAY

10:00 AM – 1:00 PM 4:30 PM – 7:30 PM

FRIDAY

9:00 AM – 11:00 AM

SATURDAY

8:30 AM – 1:00 PM

SUNDAY

NO GROUP LESSONS OFFERED.

At East Hills, classes range from primary swimming development for children as young as five months and continues through adulthood.

For additional information regarding specific classes, times, and instructors, please contact the Aquatics Director, Holly Provost, at extension 203. Thank you!



**AQUA FITNESS
DAILY AVAILABILITY**

MONDAY

1:00 PM – Aqua Challenge ♦ 2:00 PM – Arthritis ☺
5:30 PM – Aqua Challenge ♦ 6:30 PM – Aqua Fiit ♦ ☺

TUESDAY

9:00 AM – Aqua Challenge ♦ 10:00 AM – Arthritis ☺
1:00 PM – Arthritis ☺

WEDNESDAY

1:00 PM – Aqua Challenge ♦ 2:00 PM – Arthritis ☺
5:30 PM – Aqua Challenge ♦

THURSDAY

9:10 AM – Aqua Challenge ♦ 10:10 AM – Arthritis ☺
1:00 PM – Arthritis ☺

FRIDAY

9:00 AM – Go Deep ♦ 10:00 AM – Arthritis ☺
1:00 PM – Aqua Fit ☺

SATURDAY

9:00 AM – Aqua Challenge ♦

SUNDAY

NO CLASSES OFFERED.

♦ = Class available to pre/post-natal non-members with a punchcard. Please see the service desk for details.
☺ = Class available to non-members with a punchcard. Please see the service desk for details.

All Aqua Fitness Classes Run 60 Minutes