

# **Big Canoe Indoor Pool Amenity**

## **Everyone is Welcome**

Children under 16 must be accompanied by an adult  
All infants/toddlers must wear approved nylon, rubber or  
plastic swim bottoms: State Code 290-5-57  
Parents/guardians are responsible for supervision of children

**There is no lifeguard on duty**

**For everyone's safety - Please allow lap swimmers to use designated lap lanes and insure children stay out of those lanes while they are in use**

Out of consideration for scheduled classes, only class participants are allowed in pool, whirlpool or sauna during scheduled class time

### **Monday, Wednesday & Friday**

10:00am - 11:00am H2O Aero/Exercise Class  
3:00pm - 4:00pm H2O Aero/Exercise Class

### **Tuesday & Thursday**

3:00pm - 4:00pm H2O Aero/Exercise Class

### **Youth Swim Team Practice Schedule**

Mon/Wed 5:00pm – 6:30pm, Tues/Thurs 4:30pm – 6:00pm  
(Wednesday to start 9/18)

No food, drink (except water) or glass is allowed in pool area.  
No one under 16 years is allowed in whirlpool (102 - 104 degrees)  
No one under 16 years is allowed in the Sauna (160 – 180 degrees)  
No diving, running or rough play is allowed  
Kickboards, noodles and styrofoam dumbbells are for all to enjoy.  
Please be considerate and put them back when finished using them

Wellness Center Hours: Monday -Thursday 6:15am–8:30pm,  
Friday 6:15am–8:00pm & Saturday/Sunday 8:00am–6:00pm  
Pool closes 15 minutes earlier than Wellness Center and may  
close if thunder/lightning is in the vicinity

Wellness Center (706) 268-3441

Revised 8/3/19