



POOL RULES & POLICIES

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

- *All children under the age of four (4) years are required to wear a tight-fitting reusable swim pant or a disposable swim pant with tight plastic pants over top. This is imperative in keeping the pool open and free from contaminations.*
- *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 thirteen 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

Please watch for additional open swim hours are available during program breaks.

MONDAY

11:00 AM – 12:55 PM 7:30 PM – 10:00 PM

TUESDAY

2:00 PM – 3:45 PM 7:30 PM – 10:00 PM

WEDNESDAY

11:00 AM – 12:55 PM 8:00 PM – 10:00 PM

THURSDAY

2:00 PM – 3:45 PM 7:15 PM – 10:00 PM

FRIDAY

1:00 PM – 9:00 PM

SATURDAY

1:00 PM – 9:00 PM

SUNDAY

8:00 AM – 8:00 PM

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

Children four (4) years and younger must wear the appropriate swim pant while in the pool.

Children ages **13 years of age and younger** require ADULT SUPERVISION at all times.

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

EAST HILLS ATHLETIC CLUB

POOL SCHEDULE SEPTEMBER 2 – DECEMBER 21



THE MAC | EAST HILLS ORCHARD HILLS

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.

MONDAY

5:00 AM – 1:00 PM 7:30 PM – 10:00 PM

TUESDAY

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

WEDNESDAY

5:00 AM – 1:00 PM 8:00 PM – 10:00 PM

THURSDAY

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

FRIDAY

5:00 AM – 9:00 AM 11:00 AM – 9:00 PM

SATURDAY

6:45 AM – 8:30 AM 1:00 PM – 9:00 PM

SUNDAY

8:00 AM – 8:00 PM

Swim instruction *may* 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 – 11:30 AM 4:00 PM – 7:00 PM

TUESDAY

9:30 AM – 2:00 PM 4:00 PM – 7:30 PM

WEDNESDAY

9:00 AM – 11:30 PM 3:30 PM – 8:15 PM

THURSDAY

10:00 AM – 1:30 PM 4:00 PM – 7:15 PM

FRIDAY

9:00 AM – 11:00 AM

SATURDAY

8:30 AM – 12:45 PM

SUNDAY

NO GROUP LESSONS OFFERED.

At East Hills, summer swim classes focus on primary swimming development for children ages five months to six years.

School-age youth should consider the American Red Cross Learn-to-Swim Program offered outdoors at Orchard Hills.

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



AQUA FITNESS DAILY AVAILABILITY

MONDAY

1:00 PM – Aqua Challenge ♦ 2:00 PM – Arthritis ☺
5:30 PM – Go Deep ♦ 6:30 PM – Aqua Fit ♦ ☺

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 ☺

SATURDAY

8:00 AM – Kickbox ♦ 9:00 AM – Aqua Challenge ♦

SUNDAY

NO CLASSES OFFERED.

♦ = Class available to pre/post-natal non-members with a punchcard. \$6.00 per class. Please see the service desk for details.

☺ = Class available to non-members with a punchcard. \$6.00 per class. Please see the Service Desk for Details.