

Welch Field Pool Schedule 2018

Located at Union and Third St. in Westfield, NY (716) 326-4441 or 753-6842

Session 1 *June 11 – June 23*

Mondays/Wednesday/Fridays

6:45 – 8:00 A.M. Early Bird Adult Lap Swim
8:20 – 9:05 A.M. Deep Water Aerobics
9:10 – 9:55 A.M. Mod Impact Aerobics (M, F)
9:10 – 9:55 A.M. Water Aqua w/ Noodles (W)
3:00 – 5:00 P.M. Open Swim
1:00 – 5:00 P.M. Open Swim (6/16 & 6/23)
5:15 – 6:00 P.M. Deep Water Aqua (M)
5:15 – 6:00 P.M. Low/Mod Aquacize (W, F)

Tuesdays/Thursdays

6:45 – 8:00 A.M. Early Bird Adult Lap Swim
8:20 – 9:05 A.M. Deep Water Aquacize
9:10 – 9:55 A.M. Low/Mod Impact Aquacize
3:00 – 5:00 P.M. Open Swim
1:00 – 5:00 P.M. Open Swim (6/22)
5:15 – 6:00 P.M. High Impact Aquacize

POOL RULES ON BACK

Session 3 *August 13 – August 25

Mondays/Wednesdays/Fridays

6:45 – 8:00 A.M. Early Bird Lap Swim
8:20 – 9:05 A.M. Deep Water Aerobics
9:10 – 9:55 A.M. Mod Impact Aerobics (M/F)
9:10 – 9:55 A.M. Water Aqua w/ Noodles (W)
1:00 – 5:00 P.M. Open Swim
5:15 - 6:05 P.M. Deep Water Aqua (M)
5:15 – 6:05 P.M. Low/Mod Impact Aqua (W)
6:15 – 6:45 P.M. Wee Wozzles
7:00 – 8:30 P.M. Evening Swim (M)
7:00 – 8:30 P.M. Family Swim (W)

Tuesdays/Thursdays

6:45 - 8:00 A.M. Early Bird Adult Lap Swim
8:20 – 9:05 A.M. Deep Water Aerobics
9:10 – 9:55 A.M. Low/Mod Impact Aerobics
1:00 – 5:00 P.M. Open Swim
5:15 - 6:05 P.M. High Impact Aqua
6:15 – 6:45 P.M. Wee Wozzles
7:00 – 8:30 P.M. Evening Swim

CLOSED ALL SUNDAYS

Session 2 *June 25 – August 11*

Mondays/Wednesdays/Fridays

6:45 – 8:00 A.M. Early Bird Adult Lap Swim
8:20 – 9:05 A.M. Deep Water Aerobics
9:10 – 9:50 A.M. Mod Impact Aerobics (M, W)
9:10 – 9:50 A.M. Water Aqua w/ Noodles (F)
10:00 – 10:40 A.M. Lessons – Levels 1, 2, 3, 4
10:45 – 11:25 A.M. Lessons – Levels 1, 2, 3

***No Lessons on Fridays**

12:00 – 12:50 P.M. Swim Team (M, F)
1:00 - 5:00 P.M. Open Swim
5:15 - 6:05 P.M. Deep Water Aqua (M)
5:15 - 6:05 P.M. Low/Mod Aqua (W)
6:10 - 6:50 P.M. Lessons – Levels 1, 2, 3, 4

***No Lessons on Fridays**

7:00 - 8:00 P.M. Evening Swim (M)
7:00 - 8:30 P.M. Family Swim (W)
8:00 - 9:00 P.M. Night Owl Lap Swim (M)

Tuesdays/Thursdays

6:45 - 8:00 A.M. Early Bird Lap Swim
8:20 - 8:55 A.M. Deep Water Aerobics
9:00 - 9:40 A.M. Level 6 Lessons
9:45 – 10:25 A.M. Level 5 Lessons
10:30 – 11:10 A.M. Levels 1, 2, 3, 4
11:15 – 11:55 A.M. Levels 1, 2, 3, 4
12:00 – 12:50 P.M. Swim Team
1:00 - 5:00 P.M. Open Swim
5:15 - 6:05 P.M. High Impact Aerobics
6:15 - 6:45 P.M. Wee Wozzles
7:00 - 8:00 P.M. Evening Swim
8:00 - 9:00 P.M. Night Owl Lap Swim

SATURDAYS

2:00 - 5:00 P.M. Open Swim

DATES TO REMEMBER

July 4 Pool Closed – Happy 4th of July!
July 6 “Battle of Welch Field”
(Pool Closed 1 - 5 P.M.)
Aug. 1 Carnival (Pool Closed 1 - 5 P.M.)
Aug. 8 & 9 Swim Show During Lessons
Aug. 11 Invitational Swim Meet

BE COOL.....FOLLOW THE WELCH FIELD POOL SAFETY RULES!

1. Obey the Lifeguards at all times
2. Children **7** years old and younger must be accompanied **IN THE WATER BY AN ADULT** (18 years old and older) **NO EXCEPTIONS!!**
3. Flotation devices used at the discretion of the lifeguards on duty. Child **MUST BE** accompanied **IN THE WATER** by adult if using a flotation device!!
4. Shower before swimming
5. Long hair must be tied back, braided or secured in a bathing cap
6. **NO** Horseplay
7. **NO** Jewelry
8. **NO** glass on deck or in locker room (bottles, compacts, etc.)
9. **NO** food or drink or gum allowed in locker rooms, on deck or at picnic tables (water in plastic container allowed)
10. No smoking – the entire Welch Field is a Drug Free Zone
11. No pets allowed at the Welch Field complex
12. When jumping into the pool, jump feet first, facing forward only! No spinning or flipping
13. No diving or head first entry in shallow end, or before the red line on deck
14. No running on deck or in locker rooms
15. Ask lifeguards for permission to use toys and equipment
16. Lifeguard break is at 3:00 P.M. daily – pool, deck and locker rooms must be cleared and emptied by 3:05 P.M.
17. Shoes must be worn outside pool area
18. Phone is for emergency use only. Making plans for a ride home is not an emergency.
19. Persons with infectious or communicable diseases cannot be permitted in the pool.
20. Do not spit or spout water or discharge bodily waste into the pool.
21. Disposable diapers are prohibited. Infants must wear a swim diaper
22. Proper attire is required to swim – cut offs are not permitted

SPECIAL DEEP END AND LOCKER ROOM RULES

1. Anyone under age 18 must pass the deep end test to be in the deep end. Test consists of swimming two widths of pool with crawl stroke with rhythmic breathing (face must be in the water) and supportive kick and then treading of water for 2 minutes (no breaks allowed)
2. Only one person on the board at a time
3. Only one bounce on the board at a time
4. Only forward facing dives. **NO back flips, back jumps, back spins, etc.**
5. No Horseplay! This include jumping off or hanging on the exit ladders
6. Look before you leap – make sure the area is clear
7. Always swim to either ladder immediately after going off the board.
8. No cross pool swimming in the diving area – swim near rope or off to side

SPECIAL LOCKER ROOM RULES

1. No Running!! The floor is very slick. No snapping of towels. No Horseplay!
2. No food or drinks allowed, no glass (water in plastic container is allowed)
3. Turn off showers when not in use
4. Flush toilet after use
5. No personal items are to be left in the locker rooms overnight

Welch Field program and staff will be not responsible for lost or stolen items.