Welch Field Pool Schedule 2021

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

**Session 1 \*June 14 – June 26 \***

**Mondays/Wednesday/Fridays**

6:45 – 8:00 A.M. Early Bird Adult Lap Swim

8:20 – 9:05 A.M. Aquacize

9:10 – 9:55 A.M. Aquacize

3:00 – 5:00 P.M. Open Swim

12:30 – 2:30 P.M.Open Swim (6/18 & 6/25)

**Tuesdays/Thursdays**

6:45 – 8:00 A.M. Early Bird Adult Lap Swim

8:20 – 9:05 A.M. Aquacize

9:10 – 9:55 A.M. Aquacize

3:00 – 5:00 P.M. Open Swim

12:30 - 2:30 P.M. Open Swim (6/24)

\*POOL RULES ON BACK\*

**Session 3 \*August 23 – August 28 \***

**Mondays/Wednesdays/Fridays**

6:45 – 8:00 A.M. Early Bird Lap Swim

8:20 – 9:05 A.M. Aquacize

9:10 – 9:55 A.M. Aquacize

10:00 – 11:00 A.M. Make-Up Lessons

12:30 – 2:30 P.M. Open Swim

3:00 – 5:00 P.M. Open Swim

5:15 – 6:05 P.M. Aquacize

6:15 – 6:45 P.M. Wee Woozles

7:00 – 8:30 P.M. Open Swim (M & W)

**Tuesdays/Thursdays**

6:45 - 8:00 A.M. Early Bird Adult Lap Swim

8:20 – 9:05 A.M. Aquacize

9:10 – 9:55 A.M. Aquacize

12:30 – 2:30 P.M. Open Swim

3:00 – 5:00 P.M. Open Swim

5:15 - 6:05 P.M. Aquacize

6:15 – 6:45 P.M. Wee Woozles

7:00 – 8:30 P.M. Open Swim

\*CLOSED ON ALL SUNDAYS\*

**Session 2 \*June 28 – August 21 \***

**Mondays/Wednesdays/Fridays**

6:45 – 8:00 A.M. Early Bird Adult Lap Swim

8:20 – 9:05 A.M. Aquacize

9:15 – 9:40 A.M. Level 6 Lessons (M & W)

10:00 – 10:25 A.M. Lessons – Levels 1, 2, 3, 4

10:30 – 10:55 A.M. Lessons – Levels 1, 2, 3, 4

11:00 – 11:25 A.M. Lessons – Levels 1, 2, 3, 4

**\*No Lessons on Fridays**

12:30 – 2:30 P.M. Open Swim

3:00 - 5:00 P.M. Open Swim

5:15 - 6:05 P.M. Aquacize (M & W)

6:15 - 6:40 P.M. Lessons – Levels 1, 2, 3, 4

**\*No Lessons on Fridays**

7:00 - 8:30 P.M. Open Swim (M & W)

**Tuesdays/Thursdays**

6:45 - 8:00 A.M. Early Bird Lap Swim

8:20 - 9:05 A.M. Aquacize

9:15 - 9:40 A.M. Level 5 Lessons

10:00 – 10:25 A.M. Lessons – Levels 1, 2, 3, 4

10:30 – 10:55 A.M. Lessons – Levels 1, 2, 3, 4

11:00 – 11:25 A.M. Lessons – Levels, 1, 2, 3, 4

12:30 – 2:30 P.M. Open Swim

3:00 - 5:00 P.M. Open Swim

5:15 - 6:05 P.M. Aquacize

6:15 - 6:45 P.M. Wee Woozles

7:00 - 8:30 P.M. Open Swim

**\*SATURDAYS\***

12:30 - 2:30 P.M. Open Swim

3:00 - 5:00 P.M. Open Swim

**BE COOL…FOLLOW THE WELCH FIELD POOL SAFETY RULES!**

1. Always obey the Lifeguards

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** running or 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 headfirst entry in shallow end, or before the red line on deck

14. Ask lifeguards for permission to use toys and equipment

15. Lifeguard break is at 2:30 P.M. daily

16. Shoes must be worn outside pool area

17. Phone is for emergency use only. Making plans for a ride home is not an emergency.

18. Persons with infectious or communicable diseases cannot be permitted in the pool.

19. Do not spit or spout water or discharge bodily waste into the pool.

20. Disposable diapers are prohibited. Infants must wear a swim diaper.

21. Proper attire is required to swim – cut offs are not permitted

22. No breathing games allowed (Do not hold your breath under water).

**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.**

DO NOT SWIM IN THE POOL IF YOU:

* **Have any open wounds**
* **Have had diarrhea in the last two weeks**

Welch Field Pool Schedule 2020

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 6:45-8:00 a.m. | Adult Lap Swim |  | Adult Lap Swim |  | Adult Lap Swim |  |
| 8:15-8:55 a.m. | Deep Water Aquacize | Deep Water Aquacize | Deep Water Aquacize | Deep Water Aquacize | Deep Water Aquacize |  |
| 9:00-9:40 a.m. |  | Level 6 Lessons (S2) |  | Level 6 Lessons (S2) |  |  |
| 9:10-9:50 a.m. | Mod. Impact Aquacize | Low/Mod Impact Aquacize (S1&3) | Water Aquacize w/Noodles | Low/Mod Impact Aquacize (S1&3) | Mod. Impact Aquacize |  |
| 9:45-10:25 a.m. |  | Level 5 Lessons (S2) |  | Level 5 Lessons (S2) |  |  |
| 10:00-10:40 a.m. |  |  | Lessons Levels (1,2,3,4) (S2) |  | Lessons Levels (1,2,3,4) (S2) |  |
| 10:30-11:10 a.m. |  | Lessons Levels (1,2,3,4) (S2) |  | Lessons Levels (1,2,3,4) (S2) |  |  |
| 10:45-11:25 a.m. |  |  | Lessons Levels (1,2,3,4) (S2) |  | Lessons Levels (1,2,3,4) (S2) |  |
| 11:15-11:55 a.m. |  | Lessons Levels (1,2,3,4) (S2) |  | Lessons Levels (1,2,3,4) (S2) |  |  |
| 12:00-12:50 p.m. | Swim Team | Swim Team |  | Swim Team | Swim Team |  |
| 1:00-4:00 p.m. |  |  |  |  |  | Open Swim |
| 1:00-5:00 p.m. | Open Swim (S2&3) | Open Swim (S2&3) | Open Swim (S2&3) | Open Swim (S2&3) | Open Swim (S2&3) |  |
| 3:00-5:00 p.m. | Open Swim (S1) | Open Swim (S1) | Open Swim (S1) | Open Swim (S1) | Open Swim (S1) |  |
| 5:10-5:40 p.m. |  | High Impact Aquacize (S2&3) |  | High Impact Aquacize (S2&3) |  |  |
| 5:45-6:15 p.m. |  | Wee Woozles |  | Wee Woozles |  |  |
| 5:45-6:25 p.m. | Lessons Levels (1,2,3,4) (S2) |  | Lessons Levels (1,2,3,4) (S2) |  |  |  |
| 6:30-8:00 p.m. | Open Swim (S2&3) | Open Swim (S2&3) |  | Open Swim (S2&3) |  |  |
| 6:30-8:30 p.m. |  |  | Open Family Swim (S2&3) |  |  |  |
| 8:00-9:00 p.m. |  | Adult Lap Swim |  | Adult Lap Swim |  |  |

**S1=Session 1 June 15th -June 27th**

**S2=June 29th -August 15th**

**S3=August 17th -August 29th**

\*CLOSED ALL SUNDAYS\*