



Seven Hills Recreation Center 2021 Pool Schedule (January 1st – May 31st)

Due to programming and pool rentals, this schedule is subject to change without notice.

Drop in Fees: Seven Hills Residents \$5 - Parma Residents \$10 | Memberships Are Available!

For more information contact Mike at 216-524-6262 ext. 404 or mgallagher@sevenhillsohio.org

SUN <u>POOL OPEN</u> 12 to 5:45 pm for Lap/Open Swim	MON & WED <u>POOL OPEN</u> 5:30 am to 4:45 pm & 7:15 to 8:45 pm for Lap/Open Swim	TUES & THUR <u>POOL OPEN</u> 5:30 am to 8:45 pm for Lap/Open Swim	FRI <u>POOL OPEN</u> 5:30 am to 8:45 pm for Lap/Open Swim	SAT <u>POOL OPEN</u> 8:00 to 9:45 am & 12 to 7:45 pm for Lap/Open Swim
12 to 2 PM for Lessons (TWO LAP LANES CLOSED) 	9 to 9:45 am Low Impact (TWO LAP LANES CLOSED) 10 to 10:45 am Arthritis Foundation Program (ALL LAP LANES CLOSED) 4:45 to 7:15 pm Lessons (THE POOL, HOT TUB, & SAUNA CLOSED) 7:45 to 8:45 pm Aqua Barre (Mondays Only) (ONE LAP LANE CLOSED)	10 to 10:45 am SilverSplash (ALL LAP LANES CLOSED) 6 to 7 pm Cardio & Toning (ALL LAP LANES CLOSED)	9 to 9:45 am Low Impact (TWO LAP LANES CLOSED) 10 to 10:45 am Arthritis Foundation Program (ALL LAP LANES CLOSED)	9:30 am to 12 pm for Lessons (THE POOL, HOT TUB, SAUNA & PATIO CLOSED)  Updated 12/29/20

Important!

- If you are not lap swimming in a lap lane and there is someone waiting to swim laps, you may be asked to move to another area of the pool to perform your water exercise routine.
- Lap swimmers 14 and Under may be asked to perform a swim test by the lifeguard.

For the Health and Safety of Our Patrons and Employees:

- Stay safe - Stay healthy - Stay 6-feet apart and 6-feet away from staff members too! Wear a face mask while not in the pool/hot tub.
- Groups of different households must maintain social distancing.
- Please keep the pool deck/narrow passages clear.
- Street shoes are not permitted on deck.
- Children 14 and under must be accompanied by a parent/legal guardian.
- In the lap lanes, one person per lane with a 30-minute time limit.
- In the hot tub, two people (18 and over) at a time with a 10-min. time limit.
- Family seating is available on the green pool deck benches and the patio picnic tables.
- Indoor/outdoor chairs and tables must NOT be moved.
- Please spray and wipe down your tables and chairs after use.