



Seven Hills Recreation Center 2020 Pool Schedule (August 30th – December 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

SUNDAY <u>POOL OPEN</u> 12 to 5:45 pm for Lap/Open Swim	MONDAY & WEDNESDAY <u>POOL OPEN</u> 5:30 am to 4:45 pm & 7:15 to 8:45 pm for Lap/Open Swim	TUESDAY & THURSDAY <u>POOL OPEN</u> 5:30 am to 8:45 pm for Lap/Open Swim	FRIDAY <u>POOL OPEN</u> 5:30 am to 8:45 pm for Lap/Open Swim	SATURDAY <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 & PATIO CLOSED) 7:45 to 8:45 pm Aqua Barre (Mondays Only) (ONE LAP LANE CLOSED)	10 to 10:45 am Silver Splash (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)	9:45 am to 12 pm for Lessons (THE POOL, HOT TUB, SAUNA & PATIO CLOSED)  Updated 10/14/20

Important: University Hospitals Physical Therapy and other therapy programs have priority use of lane #4.

Pool Notes (For more information, please see the posted facility rules in the pool area.)

- OUR #1 Priority is your safety. All aquatic facility rules must be followed or your privileges may be revoked.
- Please follow all posted Covid 19 guidelines when in the pool and patio areas.
- If you need a lap lane please see the lifeguard to sign up for one.
- The sauna is closed until further notice.
- The pool/hot tub may close without notice due to programming, inclement weather, power outage, or other maintenance issues.
- Use only U.S. Coast Guard approved flotation devices.
- Children age 5 years and younger should be within arms-reach of an adult/guardian in the pool.
- Children wearing a lifejacket should be within arms-reach of an adult/guardian in the pool.
- Children age 14 years and younger should be accompanied by an adult/guardian in the aquatic facility/patio.
- No scuba mask, mermaid tails, or inflatable devices are allowed.