

Rockville Summer 2019

**Aquatics – Onelife Fitness Rockville**

**Hours:** Monday- Thursday 5:15am-10:45pm • Friday 5:15am-9:45pm • Sat & Sun 7:15am-7:45pm

Register online at: **onelifefitness.com/programs**

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| **MON** | **TUES** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
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|  |  |  | 6:15a-7:15a  **Masters** |  |  |  |
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|  |  |  |  |  | 8:00a-9:00a  **Masters** |
|  |  |  |  |  | 8:15a-9:00a  ***H2O*** |
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|  |  |  |  |  | 9:00a-9:30a  **Adult Group** |
|  |  |  |  |  |  |
| 9:30a-10:15a  ***H2O*** |  | 9:30a-10:15a  ***H2O*** | 9:30a-10:15a  ***H2O*** |  |  |  |
|  |  |  |  |
|  |  | 10:00a-12:00p  ***Beginner* Children’s**  **Swim Classes** | 10:00a-11:00a  **Preschool Swim Classes** |
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|  | 10:45a-11:30a  ***H2O*** |  |  | 10:45a-11:30a  ***H2O*** |
|  |  |  | 11:00a – 3:00p **FAMILY SWIM** |
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| 12:00p – 4:00p  **FAMILY SWIM** | | | |  |  |
| 12:15p-1:15p  **Masters** |  |
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| 3:00p – 9:45p  **FAMILY SWIM** | 3:00p – 7:45p  **FAMILY SWIM** | 3:00p-5:30p  ***Advanced* Children’s**  **Swim Classes** |
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|  | 4:45p-7:00p  **Children’s**  **Group Swim Classes** |  |  |
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| 6:30p-7:15p  ***H2O*** | 6:30p-7:15p  ***H2O*** |  |  |
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| 7:00p-7:30p  **Adult Group** |  |  |
| 7:30p-8:30p  **Masters** |  |  |  |  |
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| 8:00p – 10:45p  **FAMILY SWIM** | | | |  |  |
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***\*This schedule changes seasonally.***

**For more information, email Jen Echols at jen.echols@onelifefitness.com**

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**ROCKVILLE SWIMMING POOL**

4 Lanes, 25 Yards in Length • 3.5-4.5 Feet Deep • 82-84 Degrees

**Guidelines**

* **DO NOT SWIM WITHOUT A LIFEGUARD ON DECK**
* **LAP LANES**
  + All lanes are double lanes. Notify other swimmers before sharing.
* **WHIRLPOOL**
  + Children under the age of 16 are not permitted in the whirlpools.
* **SPLASH PAD**
  + An adult must accompany all children in designate splash pad area.
  + Children must go down the slide feet first.
* **CHILDREN free swim is limited to designated Family Swim Times**
  + Children under the age of 11 must be accompanied by an adult of 18 years of age or older. The adult must be at arm's reach in the water with the child unless the child passes the designated swim test.
  + Children using a floatation device must be within arm’s reach of designated adult.
  + Children between the ages of 11-16 may swim alone if they pass the designated swim test.
  + Children’s break may be called at the bottom of every hour at which time all children under the age of 16 must clear the pool for 15 minutes.
  + Children over the age of 4 must use same gender locker room or family changing area.
  + Swim diapers must be worn by children not potty trained. Swim Diapers must be covered by a tight fitting swim suit or rubber pants. No regular diapers or cloth diapers allowed.
* **SWIM TESTS** *are limited to 1 per day &**are administer by the lifeguard on duty*
  + Swim Test: *Ages 11 and younger*
    - Swim 20 yards independently without stopping.
  + Swim Test: *Ages 12-16*
    - Swim 2 lengths of the pool without stopping.
    - Treading water without touching the bottom for 1 minute.

**Onelife Fitness Rockville**

**1407 Research Blvd, Rockville, MD 20852**