



POOL RULES & POLICIES

In order to ensure the comfort and safety of our members and guests, please recognize the following pool rules and policies. Thank you.

- **Opposite sex children ages 3 years and younger are required to use the Family Changing Rooms.**
- *Please shower before entering the pool.*
- *Please no roughhousing or horseplay. This includes no running on pool deck.*
- *There is **no diving** allowed at any location in the pool.*
- *Youth thirteen years and younger require adult supervision while using the pool.*
- *At East Hills, there is no lifeguard on duty. Please be advised to swim at your own risk.*

**East Hills, Orchard Hills, and The MAC
LIGHTNING POLICY**
Effective October 2006

East Hills Athletic Club (EHAC), The Michigan Athletic Club (MAC), and Orchard Hills Swim and Sports Club (OHSS) have a lightning policy affecting the pool areas at each location.

During severe storms containing lightning, each club will close its main pool and whirlpool for a period of 30 minutes following the last lightning sighting. Each pool will re-open when the severe weather has passed.

Our policy is based on recommendations from the National Lightning Safety Institute and our belief in maintaining the highest level of safety for our members and guests at all times.

Thank you for understanding.



OPEN SWIM HOURS OF AVAILABILITY

Additional open swim hours are available during program breaks. Please contact the Aquatics Director for further details.

MONDAY

3:00 PM – 4:30 PM 7:30 PM – 9:00 PM

TUESDAY

2:00 PM – 4:30 PM 7:00 PM – 9:00 PM

WEDNESDAY

3:00 PM – 5:00 PM 7:30 PM – 9:00 PM

THURSDAY

11:00 AM – 1:00 PM 2:00 PM – 5:00 PM
7:30 PM – 9:00 PM

FRIDAY

11:00 AM – 1:00 PM 2:00 PM – 8:00 PM

SATURDAY

9:00 AM – 7:00 PM

SUNDAY

9:00 AM – 7:00 PM

At East Hills, the pool is maintained at a comfortable 87 degrees.

Youth ages **13 years of age and younger** require ADULT SUPERVISION at all times while using the pool.

During all open swim hours, ONE LANE will remain open for lap swim.

EAST HILLS ATHLETIC CLUB

POOL SCHEDULE JUNE 13 – SEPTEMBER 4



THE MAC | EAST HILLS ORCHARD HILLS

POOL AVAILABILITY INSIDE!

LAP SWIM
SWIM LESSONS
AQUA FITNESS
OPEN SWIM



LAP SWIM HOURS OF AVAILABILITY

Please note that lap swim hours indicated below allow for at least, and sometimes only, ONE LANE of availability.

Some lap swim hours may coincide with Open Swim and/or Swim Lessons (please review all hours).

Circle swimming (sharing a lane) is encouraged during busy lap swim times. Thank you.

MONDAY

5:15 AM – 1:00 PM 3:00 PM – 5:30 PM
7:30 PM – 9:00 PM

TUESDAY

5:15 AM – 9:00 AM 2:00 PM – 9:00 PM

WEDNESDAY

5:15 AM – 1:00 PM 3:00 PM – 5:30 PM
6:30 PM – 9:00 PM

THURSDAY

5:15 AM – 9:00 AM 11:00 AM – 1:00 PM
2:00 PM – 9:00 PM

FRIDAY

5:15 AM – 9:00 AM 11:00 AM – 8:00 PM

SATURDAY

7:00 AM – 7:00 PM

SUNDAY

8:00 AM – 7:00 PM

Swim instruction may take place in either one or both lanes during non-posted hours. If a lap lane is available during non-posted hours, members and guests are welcome to utilize this lane *with an instructor's permission.*



SWIM LESSONS DAILY AVAILABILITY

Times outlined below indicate group lessons only.

MONDAY

10:30 AM – 1:00 PM 4:30 PM – 7:00 PM

TUESDAY

10:30 AM – 12:30 PM 4:30 PM – 7:00 PM

WEDNESDAY

10:00 AM – 12:30 PM 5:30 PM – 7:30 PM

THURSDAY

8:30 AM – 11:00 AM 5:00 PM – 7:30 PM

FRIDAY

No Group Lessons; Private Instruction Available.

SATURDAY

No Group Lessons; Private Instruction Available.

SUNDAY

No Group Lessons; Private Instruction Available.

At East Hills, summer swim classes focus on primary swimming development for children ages five months to six years.

School-age youth should consider the American Red Cross Learn-to-Swim Program offered outdoors at Orchard Hills.

For additional information regarding specific classes, times, and instructors, please contact the Aquatics Director, Holly Provost, at extension 203.



AQUA FITNESS DAILY AVAILABILITY

MONDAY

1:00 PM – Aqua Challenge ♦ 2:00 PM – Arthritis ☺
5:30 PM – Aqua Challenge ♦ 6:30 PM – Aqua Fit ♦ ☺

TUESDAY

9:00 AM – Aqua Challenge ♦ 10:00 AM – Arthritis ☺
1:00 PM – Arthritis ☺

WEDNESDAY

1:00 PM – Aqua Challenge ♦ 2:00 PM – Arthritis ☺
5:30 PM – Aqua Challenge ♦

THURSDAY

9:00 AM – Aqua Challenge ♦ 10:00 AM – Arthritis ☺
1:00 PM – Arthritis ☺

FRIDAY

10:00 AM – Arthritis ☺ 1:00 PM – Aqua Zumba ☺

SATURDAY

CLASSES HELD AT ORCHARD HILLS

9:00 AM – Aqua Challenge ♦

9:00 AM Classes also Available on Monday: 5/30, 7/4, and 9/5

SUNDAY

NO CLASSES OFFERED.

♦ = Class available to pre/post-natal non-members with a punchcard. Please see the service desk for details.
☺ = Class available to non-members with a punchcard. Please see the service desk for details.

All Aqua Fitness Classes Run 60 Minutes