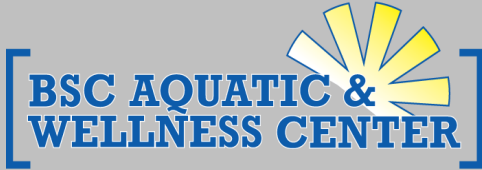


October Pool Schedule

Monday-Thursday			Friday			Saturday			Sunday		
Program	Dive Well	Pool 2	Program	Dive Well	Pool 2	Program	Dive Well	Pool 2	Program	Dive Well	Pool 2
	Limited Space 5:30-7:00am	No Lap Swim 5:30-7:00am		Limited Space 5:30-7:00am	No Lap Swim 5:30-7:00am				COLOR KEY: NO LAP SWIMMING LIMITED SPACE OPEN SWIM		
						WIBITS 11:00am-6:30pm			WIBITS 12:00-6:00pm		
Limited Space Swim Lessons 4:20-8:15pm	No Lap Swim 4:00-7:15pm	No Lap Swim 4:00-7:30pm		No Lap Swim 4:00-5:30pm	No Lap Swim 4:00-5:30pm						
											

PROGRAM POOL: 6 lane 25 yard pool with no lane ropes. Temperature is warmer than the competition pool.

POOL 2: 8 lane 25 yard pool. Open to the public during listed times.

DIVE WELL: There is **two lanes open** in this pool during listed times. *Please ask a lifeguard if you would like the diving boards open.*

Schedule Changes:

Hours: Monday-Thursday 5:30am-9:30pm;

Friday 5:30am-7:30pm; Saturday 7:00am-6:30pm; Sunday 12:00pm-6:30pm

*PE Class of 25 students in Dive Well or Program Pool Mon-Friday from 7:25-8:00am. Still space to swim, but will have to share space.

October 5th: Dive Well/Pool 2 Closed 10:15am-4:00pm

October 11th: Dive Well/Pool 2 Closed 3:45-close

October 15th: Dive Well/Pool 2 Closed 3:45-8:00pm

October 31st: No Swimming Lessons

***Pool Schedule is subject to change without notice** and could close unexpectedly due to staff shortages. Please see the fitness schedule for all fitness classes scheduled in the pool.



A MENTOR... I AM A LIFEGUARD

POOL RULES

Updated April 2024

- Always shower before using the pool.
- **Children under age 8 or in a lifejacket must be accompanied by a person age 16+ in the water.**
- **Only US Coast Guard approved lifejackets are allowed** (none available - bring your own).
- No inflatable flotation devices are allowed, including water wings.
- SCUBA style masks that cover the nose are not permitted.
- **Anyone not fully toilet trained must** wear a swim diaper. Child swim diapers are available at the front desk.
- Swimming attire is required in the pool. Mesh shirts and nylon lycra swimwear are acceptable. Cutoffs, personal undergarments and t-shirts are not allowed.
- Glass, street shoes, food and beverages are not allowed on the pool deck.
- Persons with open wounds, bandages or skin conditions are not permitted to use the pools.
- There must be two people age 16+ **in the water** for every 10 children under age 8 and/or in lifejackets (includes birthday parties).
- **Bismarck Parks and Recreation District staff have the final decision for the safety of our patrons.**

WIBIT & DIVING BOARD RULES

- **Must be age 6+ to use Wibits or diving boards (includes birthday parties) AND pass a swimming test (includes adults) issued by a lifeguard before use.**
 - **Swimming test:** Jump in and completely submerge. Recover to the surface and float/tread water for one minute. Turn a full circle. Swim 25 yards - to the other end - without stopping. Exit the water without using the ladder.
- Diving Boards (no lifejackets allowed):
 - Jump or dive straight off the diving boards in a forward-facing position. Inward dives and reverse dives are not permitted.
 - After going off the board, exit the pool by swimming directly to the nearest diving bay ladder, not the pool edge.
 - One bounce and only one person on the diving board at a time.
- Wibits (lifejackets allowed):
 - Swimming under the Wibits and hanging on any ropes in the water is not permitted.
 - Wrestling, pushing and roughhousing on the Wibits is not allowed.
- **Bismarck Parks and Recreation District staff have the final decision for the safety of our patrons.**