

## SUMMIT ON THE PARK AQUATIC CENTER RULES

Welcome to the Summit's Aquatic Center! For your health & safety, please remember:

1. Our lifeguards are trained to PREVENT accidents and perform basic first responder care. Direct and constant supervision of children is the responsibility of parents and adult guardians.
  - a. Children under the age of 12 are not permitted in the facility without a parent or guardian.
2. **S:10 Rule:** All children under the age of 12 must pass the swim test to be in the water unaccompanied by an adult. If your child cannot pass the swim test, an adult guardian must be in the water directly supervising the child from no more than 10 feet away.
  - a. The swim test is swimming 25 yards and treading water for 1 minute. Please see an aquatic supervisor to assist you with the swim test.
3. No running, diving or rough play at any time.
4. No breath holding games or breath holding training at any time.
5. Soap Showers are required for all swimmers before entering the water.
6. Guests are required to adhere to the swim suit policy.
  - All guests must wear a swim suit with a sewn in liner
  - Cover ups and burkinis are permitted for modesty purposes
  - Denim and other street clothes are not permitted
7. Street shoes are prohibited on the pool deck.
8. Absolutely no disposable diapers allowed, please use swim diapers.
9. All flotation items and lifejackets brought into the Aquatic Center must be U.S.C.G. approved.
10. **Lap Pool:** Guests wishing to use the lap lanes must swim continuous laps and are subject to supervisor approval. Standing for prolonged periods or stationary exercising in the lap lanes is prohibited. During Lap Swim times guests under the age of 12 yrs old must pass a swim test and will be expected to swim continuous laps. Lifejackets are not permitted in lap lanes.
11. **Lazy River:** Guests under 42" tall must wear a lifejacket and have an adult guardian in the Lazy River with them. Guests 42"-48" tall must wear a lifejacket or pass the S:10 Swim Test. Guests must follow all posted Lazy River Rules.
12. **Water Slide:** Guests 42" and under are prohibited from using the water slide. Guests 42"-48" tall must wear a lifejacket or pass the S:10 Swim Test. Guests must follow all posted Water Slide Rules.
13. The Aquatic Center schedule is subject to change without prior notice due to reasons beyond our control. A number of other rules and guidelines are posted in the Aquatic Center. Summit on the Park employees have the authority to enforce any policy that will help ensure the safety or enjoyment of guests and staff.



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## AQUATIC CENTER FITNESS CLASS DESCRIPTIONS

**BEGINNER Level Classes:** These classes are suitable for individuals who have not been active for some time, including those who are sedentary or recovering from injury or illness. Classes feature simple movements and lower intensity workouts with a focus on proper technique and form.

**Gentle Aqua: (BB, SEN)** This invigorating, yet gentle, approach to water aerobics is perfect if you are new to exercise, recovering from injuries or any other physical challenges. This class will increase your aerobic capacity, give you strength, tone your muscles and improve your posture and balance.

**INTERMEDIATE Level Classes:** Try these classes if you have been actively participating in a fitness program for at least 4 months with few/no physical limitations. May include activities with moderate-to-high levels of aerobic activity.

**Intense Aqua: (BB)** This class will get you moving and get your heart pumping! Using equipment, you'll work through a series of interval exercises that raise your heart rate in the water for an intense cardio workout.

**Aqua Fit:** This class integrates cardio moves along with buoyancy and strength components. Noodles and water weights will be used to help tone and strengthen.

### INTERMEDIATE to ADVANCED Level Classes:

**Aqua Deep:** This class will take you to the 5-foot deep end of our lap pool. You will learn how to work and condition the deep core muscles of your body by doing fun sport specific exercises. Get a workout that challenges your strength and stamina to improve your game.

**Aqua Tone:** (\*Participants should arrive early to put on equipment.) Challenge and enhance your workout with the use of buoyancy and resistance equipment. Water cuffs worn at your ankles, with hand held buoys, act and feel like weight training on land. A great class to strengthen and tone.

**Intermediate River Blast & Sculpt:** (\*Participants should wear aqua socks or water shoes.) Work with and against the current in the Lazy River to maximize your workout. Challenge your strength and cardio with this low-impact water class that will get your heart-rate pumping.

**70-Minute Advanced River Blast & Sculpt:** (\*Participants should wear aqua socks or water shoes.) Increase your aerobic endurance with this fast-paced, cardio class in the Lazy River. Plus, get 20-minutes of upper body sculpting using equipment. Challenge your heart and muscles as you walk, jog and run with and against the current for an intense workout that is easy on your joints.

**Advanced River Blast & Sculpt:** (\*Participants should wear aqua socks or water shoes.) Take your water routine up another notch with our Advanced River class. Work with and against the current in the Lazy River at a faster pace to maximize your workout. Challenge your strength and cardio with this low-impact water class.

**ALL- LEVEL Classes:** These classes offer many options to make the workout your own! Instructors provide a series of modifications to suit a variety of levels. Move through intervals or circuits at your own pace for an individualized workout.

**Arthritis Aqua: (BB, SEN)** The support of the water combined with active stretches for each muscle group will improve joint mobility and flexibility. Your body will gain strength, endurance and balance in this joint-friendly class. All exercises are performed with your body in a vertical position and your feet on the pool floor. The water is kept at 83 to 86 degrees, and our pool is accessible by stairs or chair lift.