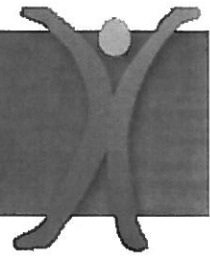


The EdgarMay Health and Recreation Center

140 Clinton Street, Springfield VT 05156 • 802-885-2568 • info@myreccenter.org

get into the swim...

HOURS OF OPERATION Monday - Friday 5:00am - 8pm
Saturday 7am - 6am
Sunday 9am - 4pm



Daily Pool Schedule (January 2, 2012 – February 11, 2012)

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
9 AM – 12:00 PM (3) Lap Swim (3) Open Swim	5 AM- 10AM (6) Lap Swim	5 AM-8:30 AM (6) Lap Swim	5 AM-10AM (6) Lap Swim	5 AM-7 AM (6) Lap Swim	5 AM-8:30 AM (6) Lap Swim	7 AM-8:15AM (2) SWIM TEAM (4) Lap Swim
12 PM – 2:30 PM (1) <u>Swim Lessons</u> (2) Lap Swim (3) Open Swim	10 AM-1PM (2) Lap Swim (1-2) Open Swim (3) SCHOOL GRP	8:30 AM-11 AM (3) Aquasize (2-3) Lap Swim	10 AM-12 PM (3) Lap Swim (3) Open Swim	7 AM – 8:30 AM (1) <u>Swim Lessons</u> (5) Lap Swim	8:30 AM-9:30 AM (3) Aquasize (2-3) Lap Swim	8:00AM – 9AM (3) Aquasize (3) Lap Swim
2:30PM – 3:45 PM (3) Lap Swim (3) Open Swim	1 PM-5:30PM (3) Lap Swim (3) Open Swim	11 AM – 4:30 PM (3) Lap Swim (3) Open Swim	12 PM – 2PM (2) Lap Swim (1-2) Open Swim (3) SCHOOL GRP	8:30 AM-11 AM (3) Aquasize (2-3) Lap Swim	9:30 AM-4:30 PM (3) Lap Swim (3) Open Swim	9 AM – 11:30AM (1) <u>Swim Lessons</u> (2) Lap Swim (3) Open Swim
	5:30 PM-6:00 PM (3) Aquasize (2) Lap Swim (1-2) Open Swim	4:30 PM - 6 PM (1) <u>Swim Lessons</u> (2) Lap Swim (3) Open Swim	2PM-5:30 PM (3) Lap Swim (3) Open Swim	11 AM – 4:30 PM (3) Lap Swim (3) Open Swim (3) SCHOOL GRP – (12-2pm)	4:30 PM-6 PM (2-3) SWIM TEAM (2) Lap Swim (1-2) Open Swim	11:30AM – 5:45 PM (3) Lap Swim (3) Open Swim
	6 PM-7 PM SWIM TEAM Pool Closed	6 PM-7 PM SWIM TEAM Pool Closed	5:30 PM-6:15 PM (3) Aquasize (2) Lap Swim (1-2) Open Swim	4:30 PM - 6 PM (1) <u>Swim Lessons</u> (2) Lap Swim (3) Open Swim	6 PM-8:45 PM (3) Lap Swim (3) Open Swim	
	7 PM-7:30 PM (3) SWIM TEAM (2) Lap Swim (1-2) Open Swim	7 PM-7:30 PM (3) SWIM TEAM (2) Lap Swim (1-2) Open Swim	6:30 PM-7:30 PM (2) Lap Swim (1-2) Open Swim (2-3) MASTERS	6 PM-7 PM SWIM TEAM Pool Closed	Fridays 1/20, 1/27, 2/3 – SCHOOL GROUP 12:30-2:30	
	7:30 PM-8:45 PM (2) Lap Swim (1-2) Open Swim (2-3) MASTERS	7:30 PM-8:45 PM (3) Lap Swim (3) Open Swim	6:15 PM-8:45 PM (3) Lap Swim (3) Open Swim	7 PM-7:30 PM (3) SWIM TEAM (2) Lap Swim (1-2) Open Swim		
				7:30 PM-8:45 PM (3) Lap Swim (3) Open Swim		

NOTES: There will be school groups of 30+ swimmers coming in on Mondays, Wednesdays, Thursdays and a few Fridays through the beginning of March. Please check the schedule for their times. If you have any questions please call the Front Desk.



1. Shower Before Using The Pool
2. No Shoes Allowed on Pool Deck
3. Noodles & Kickboards Are For Lessons and Adult Exercise Only
4. No Diving Allowed
5. No Food or Drinks (except water) Allowed on Pool Deck (No Glass Bottles)
6. Inflatable 'Floaties' Are Not Allowed
7. No Horseplaying
8. All Pools Close 15 Minutes Before The Facility Closes
9. All Children Under The Age Of 10 Must Be Accompanied By An Adult

(#) Indicates the number of lanes available for that specified activity.

Lap Swim Etiquette

1. Please make note of 'Fast', 'Medium' and 'Slow' designation. If there are no signs, please ask the lifeguard.
2. Spend a few minutes observing and gauging the per-lap pace of other swimmers already in the pool.
3. Select an appropriate lane. When entering a new lane, the new swimmer should notify all current swimmers of his/her presence before starting to swim and expressly agree on which format to use (circle or split lane).

**** Reminder****

Facility Policy is that Lap Swimmers will share their lane when asked to do so.

The Lifeguard on duty will enforce all rules posted or not. If you have any questions, please ask the Lifeguard on duty