

2016 CORONADO FITNESS CENTER HOT SPRINGS VILLAGE, ARKANSAS

POOL HOURS: (Number of lanes may be adjusted according to need.)

Lap Swim, Water Walking & Open Pool are only at designated times listed below.

LAP SWIM: All lanes are shared. Swim in counterclockwise pattern.

Monday through Friday: 6:00 am – 7:50 am (five lanes)

Monday, Wednesday, Friday: 9:00 – 10:00 am (one lane); 12:00 am – 1:30 pm; 3:15 – 6:45 pm (one lane) **Fri 2:30- 6:45**

Tuesday and Thursday: 9:00am- 6:45 pm (one lane)

Saturday: 8:00 – 8:50 am (five lanes); 9:00 am – 4:45pm (one lane)

Sunday: 1:00 – 4:45 pm (one lane)

WATER WALKING: Walkers are not permitted in swim or open pool lanes.

Monday-Friday ONE LANE during Swim Lessons 10- 1:30

Monday thru Friday 8:00 am – 9:00 am (Shallow end of pool)

Monday, Wednesday, Friday: 9:00 – 10:00 am; 3:30 – 6:45 pm (one lane) **FRI 2:30 – 6:45**

Tuesday and Thursday: 9:00am - 6:45 pm (one lane)

Saturday: 9:00 am – 4:45 pm (one lane)

Sunday: 1:00 – 4:45 pm (one lane)

OPEN POOL TIME: Recreational Use

Monday, Wednesday, Friday **3:15 – 6:45**

Tuesday and Thursday **10:00 – 6:45**

Saturday 10:00 am – 4:45 pm

Sunday 1:00 – 4:45 pm

BABY POOL: Available during “Open Pool” times only.

FITNESS ROOM

Monday through Friday: 6:00 am – 7:00 pm

Saturday: 8:00 am – 5:00 pm

Sunday: 1:00 – 5:00 pm

POOL ETIQUETTE

- Please shower before entering pool or whirlpool.
- No glass containers allowed.
- No running or horse play. Water toys permitted at Lifeguards’ discretion.
- Diving allowed in 8 foot deep section only.
- Appropriate swimwear required. No cut-offs.
- Children 6 and under who cannot pass the swim test or cannot stand up in the shallow end of the pool must be accompanied in the water at all times by a responsible adult who is within arm’s reach of the

child. All children should be prepared to do a swim test for the Lifeguard.

- Children who are not potty-trained must wear swim diapers.
- A responsible adult must remain with a child in the Baby Pool area.
- Must be 18 or older to be in the whirlpool/sauna/steam room area.
- Please return equipment when you are finished using it.
- Kick boards and barbells- adult use only.
- **Lifeguards and supervisory staff have absolute authority over all water activities.**

FITNESS ROOM ETIQUETTE

- Children, 13 through 15 years of age, may use the weight room only if they have completed an orientation program with the Fitness Coordinator. They must be accompanied by a responsible adult 18 years of age or older at all times. No one else under 16 years of age may be in the Fitness Room (this includes the track, weight equipment or cardio equipment areas).
- Must wear appropriate workout attire including athletic shoes with closed toes and heels. No clothing with rivets or anything that could damage the upholstery of machines.
- Wet bathing suits and pool shoes are not allowed in Fitness Room.
- No food. Water only. Water must be in a non-spill plastic container. Please wipe off equipment after use. No “sitting” on equipment. Please get off equipment between sets so it can be used by others.
- Dumbbells and Free Weights are to remain on the rubber matting at all times. They are not permitted on the carpeted sections of the room or the track.
- Please, no more than 30 minutes on Cardio Equipment if people are waiting.
- Requests by Floor Staff and Trainers are to be followed.