



# StoneCroft Aquatics Center Schedule November 2024



Check for updates at the following sources: Phone Hotline 610-273-4050, [telhai.org/pool](http://telhai.org/pool), SCAC entrance signs, Channel 965, and Tel Hai's Facebook.

*We apologize in advance for any closures.*

**SCAC will be closed Thanksgiving Day 11/28. SCAC will be open Friday 11/29, 7:30am - 12:00pm with no classes.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hours Open</b>	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
<b>Open/ Lap Swim</b>	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
<b>Spa</b>	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-6:00pm	7:30am-12:00pm & 1:00pm-6:00pm	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
<b>Water Fitness Classes 3 lanes</b>	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am	<b>Aqua Spin</b> 8:00am-8:45am Pre- registration required <b>Deep Water</b> 9:15am-10:00am <b>Aqua Spin</b> 2:30pm – 3:15pm Pre-registration required	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am <b>Ai Chi</b> <b>(Water Tai Chi)</b> 2:15pm-2:45pm <b>Staff Aqua Spin</b> 3:30pm-4:15pm 4:30pm-5:15pm Pre-registration required	<b>Aqua Spin</b> 8:00am-8:45am Pre-registration required <b>Deep Water</b> 9:15am-10:00am	<b>Aqua Aerobics</b> 9:30am-10:30am <b>Arthritis</b> 10:30am-11:30am	<b>Deep Water</b> 9:15am-10:00am	Closed
<b>SCAC Lessons &amp; SAW</b>	None	3:45pm-5:50pm	None	10:30am 11:30am 1:00pm- 3:00pm 3:45pm-5:50pm	None	8:00-10:50am	Closed
<b>Swim Team</b>	3:30pm-5:30pm BSHS Returns 11/18	None	5:15-7:00pm	None	3:30pm-5:30pm	None	Closed Updated 10/22/2024

# StoneCroft Aquatics Center Policies & Swim Team Information

## Pool rules:

- \*Lifeguard on duty is in charge
- \*Pool waivers must be signed
- \*Please use deck showers to rinse off
- \*No running
- \*No diving
- \*Children must be fully potty-trained or in swim diapers to be in the pool.
- \*Children under 5, non-swimmers, must have adult in pool with them. Parent can only take non-swimmer as far as parent can stand
- \*Children over 5, without an adult in pool, must pass swim test
- \*No food on deck
- \*No glass containers on deck or in locker rooms
- \*Non-swimmers must wear Coast Guard approved lifejackets
- \*Lap lanes are for lap swimmers, lessons & swim teams only
- \*Proper swim attire- no street clothes
- \*Water Fitness equipment is for water fitness only (barbells & gloves)
- \*Starting blocks for swim team & lessons only
- \*Must be 18 years old to use spa
- \*Shoes and proper attire are required to leave area
- \*No shaving allowed on site
- \* No spitting, spouting water, blowing nose or discharge of bodily waste in the pool
- \*Pull cords for emergencies only

## Swim meet schedule:

BSSH Swim Team home meets:  
Wednesday, December 18, 2024  
Friday, January 24, 2025  
SCAC will close at 2:00pm to accommodate meets.

## Swim Team Contact info:

Upon Request

## Swim Lane Etiquette

### Lap swimming etiquette:

How to share a lane:

- \*Make sure the other swimmer is aware you are joining them in lane.
- \*More than 1 swimmer per lane - swimmers choose a side, or you both choose to circle swim.
- \*More than 2 per lane- Circle swimming only by all in lane.

### 25 Yard Pool

100 yards = 4 lengths

500 yards = 20 lengths

1,000 yards = 40 lengths

1,760 yards (mile) =

71 lengths

## Update Hotline- 610-273-4050

Call for schedule changes or in case of severe winds, thunder, lightning, snow, ice, tornado warnings, etc.

\*We do not offer credits/make ups for missed lessons, memberships, or swim team practice for inclement weather, school functions, vacations, minor illnesses.

**Thunder/lightning-** Pool must be cleared, every strike/boom will result in 30 minutes additional closure. If during lessons, our instructors will run deck safety lessons until pool can reopen, or lessons are cancelled.

**2 hr TVSD/CASD delay-** Pool opens at 9am, classes running will be determined by weather.

**Early Dismissal-** No evening programming, pool closes at 5pm or earlier weather dependent.

### **School Closures:**

**Morning-** Opening time and classes determined by weather.

**Evening-** Will be reevaluated by 2pm, information will be updated on hotline by 1pm.

**Weekends-** Any delayed openings or closures will be on hotline.

**\*Please visit [www.telhai.org/pool](http://www.telhai.org/pool) or call 610-273-9333 ext. 2441 for more regarding the following information\***

**Membership information-** Daily, 10 visit punch cards, monthly, quarterly and yearly memberships available for purchase. Family, Couple, and Individual options are available. Memberships are not required for swim lesson participation.