

# StoneCroft Aquatics Center Schedule March 2025



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

We apologize in advance for any closures.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours Open	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	&	&	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Open/ Lap Swim	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm & 1:00pm-6:00pm	&	&	7:30am-12:00pm & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Spa	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 & 12:30pm-3:00pm	7:30am-12:00pm	Closed
Water Fitness Classes 3 lanes	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	Aqua Spin 8:00am-8:45am Pre- registration required Deep Water 9:15am-10:00am Aqua Spin 2:30pm - 3:15pm Pre-registration required	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am Circuit/Interval Class- NEW 2:15pm-2:45pm Staff Aqua Spin 3:30pm-4:15pm 4:30pm-5:15pm Pre-registration required	Aqua Spin 8:00am-8:45am Pre-registration required Deep Water 9:15am-10:00am	Aqua Aerobics 9:30am-10:30am Arthritis 10:30am-11:30am	<b>Deep Water</b> 9:15am-10:00am	Closed
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:00-11:30am	Closed
Swim Team	None	None	None	None	None	None	Closed Updated 2/20/2025

# StoneCroft Aquatics Center Policies & Swim Team Information

#### **Pool rules:**

- \*Lifeguard on duty is in charge
- \*No food on deck
- \*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 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:**

BSHS Swim Team season has concluded.

#### **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.

<u>Snow/ Ice</u> – Call hotline to confirm before venturing out. Pool will open providing staff can safely arrive. In the event of staff being unable to do so, any delayed openings or closures will be communicated on the hotline.

\*Please visit <a href="www.telhai.org/pool or call 610-273-9333">www.telhai.org/pool or call 610-273-9333</a> 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.