



## Recreation Department Sports Pool Guidelines

The Recreation Department team of staff and volunteers offer many activities to meet your lifestyle needs. Our efforts are to provide the most enjoyable experiences and opportunities to participate and utilize these activities and facilities. The Recreation Department's Sports Pool Guidelines outline the expectations for the Recreation Department to effectively manage and program these facilities.

### GENERAL INFORMATION

When visiting your Sports Pool take time to read the signs and become familiar with the Recreation Department Guidelines. Locate the courtesy phone, there is a courtesy phone at every pool. Next to each phone is posted all the necessary information needed in case of an emergency (center name, address, phone number and county). **AEDs** - Automated External Defibrillators are located in the equipment closets of all the sports pools. Becoming educated, following the printed guidelines and locating the locations of the phone and AED will make your visit that much more safe and enjoyable.

**Hours of Use:** All Sports Pool facilities are available from 7a.m. to Dusk. Dusk is defined as 30 minutes after sunset. All facilities are smoke-free, smoking is permitted in designated areas outside the pools.

**Activity Release:** All sports pool participants must have a current year's signed activity release before taking part in any organized water activity.

**ID Requirements:** Please always carry your original Villages ID. Only original ID's are accepted at the recreation centers. Sports Pools are only available to Residents 30 years of age and older.

**Location of Emergency Information/Phones:** Please locate the nearest phone and call 911 for emergencies.

**Pool Schedule Info:** The Recreation News lists all sports pool schedules, this publication should be used as a guide. Recreation Bulletin Boards and Offices have current schedules available. All sports pool activities start at the top of the hour and finish 10 minutes before the posted end time. During peak participation pool will be cleared after each scheduled activity.

**Attire:** Appropriate swimming attire is required.

**Weather Policy:** In the event of lightning or inclement weather, the Recreation Department recommends patrons at outdoor recreation areas find shelter and wait at least 30 minutes before resuming activities. The Recreation Department reserves the right, as issued by the National Weather Service or Public Safety Department in the event of tornados, hurricanes, or other severe storm warnings, to close facilities for public safety.

- All pools are heated during the cooler months. We strive for water temperatures between 81-84 degrees. Temperatures will fluctuate depending on the weather.
- If pool temperatures drop below 81 degrees, a sign will be posted at the entrance of the pool informing residents of the temperature change. The pools will remain open.

**Equipment:** Pool equipment is available in the equipment room at each pool. Please treat the equipment as if it were your own and return it to its proper place when finished. It is the participants' responsibility to return the equipment.

For additional information please check the web site: [www.districtgov.org](http://www.districtgov.org)  
Recreation News or see a staff member.

## RECREATION PROGRAMS

**Lap Swimming:** All the lanes are in the pool with no program leader. Lanes are for lap swimmers. Sharing lanes and/or circle swimming is encouraged when lanes are full.

**Combo Swim:** Pool has some lanes in. Water walking, general exercise and lap swimming with no program leader. Open pool area is for water walking & exercise, lap lanes are for lap swimming. Sharing lanes and/or circle swimming is encouraged when lanes are full. Lap swimmers have priority use of lap lanes.

**Open Exercise & Walk:** No lanes or program leader in pool. General exercise, walking, and swimming.

**Water Volleyball:** Volleyball is offered in multiple skill levels. Levels of Play: Open Group, Basic, Intermediate, Adv. Intermediate\* & Advanced\* (\*sign-up required). All scheduled level of play times (excluding open play) are organized - a staff member or volunteer ambassador will organize play. During organized play unused courts (vacant) must be made available to players from a different level of play. For example during Organized Intermediate vacant courts can only be used Basic, Advance Intermediate and Advance.

**Water Exercise:** Aquatic exercise with program leader, listed by the leaders name on the schedule. These programs are drop-in sessions that you can attend at your leisure and take place in both deep & shallow water. They are a great low impact way to get a cardiovascular workout & tone your body. There are numerous, volunteer led, sessions at all the sports pools. Work at your own pace matching your individual goals and level of fitness, skill & ability. For information on specific water exercise programs, please call the regional recreation center where the program is held.

**Special Events:** Special Events are organized by the Recreation Department and may require the use of single or multiple facilities. Sign-ups are often required

*\*You do not need to sign up for sports pool programs. Special Events and activities which require a sign up and/or a participation fee will be announced \**

## SCHEDULING OF SPORTS POOLS

**Availability and Reservation of Sports Pool:** The Recreation Department has the responsibility to manage and program the sport pools available for your use in your community. To be the best stewards of these facilities, staff makes every effort to provide ample programming for all residents to get the most out of their active lifestyle. The Recreation Department has listed the following detailed information pertaining to the scheduling of the sports pools.

### **Schedules**

There are two distinct sports pool seasons:

- Fall/Winter                      October 1 - March 31
- Spring/Summer                  April 1 - September 30

If an effort to maintain the most up to date schedules minimal changes will be made to the schedules during each season. Requests for new/additional programming will be accepted in August for the Fall/Winter season & in February for the Spring/Summer season.

### **Water Exercise Programs**

- limited to 50 minutes in duration, Start times: on the hour or half hour / End times: 10 minutes from the end of the hour or half hour
- must exhibit an average attendance of 15 to be able to keep that specific time slot
- entry into the next scheduled activity will not be until 10 minutes before the activity start time
- staff will determine amount of pool space allotted for all water activities to best utilize the pools and provide maximum participation opportunities for our residents
- Configuration of pool lay-outs are subject to change

- Individuals waiting to participate in exercise programs must exit the pool 10 minutes prior to the start time and line up outside the pool area at the gate.

### **Water Volleyball**

- See Recreation News for scheduled times
- nets are not to be set up until 10 minutes prior to start time
- team size consists of no more than 6 players / minimum 12 players per court
- all individuals expecting to play should arrive no later than 10 minutes after the start time
- number of available courts and configuration of set-up varies by pool

### **Water Volleyball cont.**

- **Courtesy Rule:** If courts have a minimum of 12 and groups are waiting, please limit play to 10 minutes. Teams in waiting will rotate in after 10 minutes. If a court is not full and player(s) are present, please allow them the opportunity to join the game. \* Individuals are encouraged to check the Recreation News for the sports pool scheduled levels of organized play.
- **Open Group Play:** This is social play; there is no designated level of play. No courts are reserved & all courts are available to play on. Please abide by the courtesy rule for water volleyball courts so fellow residents have a play opportunity. A group consists of 6 players per team/minimum of 12 per court.

**Programming:** Water Exercise & Water Volleyball programming may reach peak attendance/participation numbers allowed for activity. A staff member or volunteer will assist in passing out Peak Participation Program tickets 30 minutes prior to the start of activity on an as need basis.

**Equipment:** A limited supply of pool exercise equipment is available in the pool room at each pool. Please treat equipment as if it were your own and return it to its proper place when finished.

### **Sports Pool Rentals**

Villages' residents may rent the sports pools for private pool parties on Sunday afternoons. Please call 674-1800 for more information and to rent an approved sports pool.

*The Recreation Department reserves the right to alter and/or modify a sports pool schedule at anytime to effectively manage the operation of the sports pool and continue to provide enjoyment, excellent lifestyle programs and enhancement to the quality of life for all Villagers.*

*For more information about use of recreation facilities please contact your nearest recreation center manager.*