



SPORTS POOLS

GUIDELINES



HOURS OF USE: 7AM TO DUSK.

Dusk is defined as 30 minutes after sunset.

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



General Information

When visiting any Sports Pool take time to read the signs and become familiar with the Recreation & Parks Department Guidelines. Locate the courtesy phone, which is located 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 knowing the locations of the phone and AED, will make your visit much safer and more enjoyable.

If you are interested in starting a water exercise program please call 352-674-1800.

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 Resident ID. Only original IDs are accepted at the recreation centers. Sports Pools are only available to residents of The Villages 30 years of age and older.

LOCATION OF EMERGENCY INFORMATION / COURTESY PHONES

Please locate the nearest phone and **call 911 for emergencies.**

POOL SCHEDULE INFO

The weekly Recreation & Parks Publication 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 prior to the posted end time. During peak participation, pools will be cleared after each scheduled activity.

SMOKING POLICY

All facilities are smoke-free. Smoking is permitted only in designated areas outside the pools.

WEATHER POLICY

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

- 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.

ATTIRE

Appropriate swimming attire is required.

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 website at DistrictGov.org, the Recreation & Parks Publication or see a staff member.

Recreation Programs

LAP SWIMMING

For lap swimming, all the lanes in the pool are available with no program leader. Lanes are designated for lap swimmers. Sharing lanes and/or circle swimming is required when lanes are full.

OPEN EXERCISE & WALK

When there are no lanes or program leaders in the pool, the pool is open for general exercise, walking, or swimming.

COMBO SWIM

Lap lanes are designated for lap swimming. The open swim area is designated for water walking and general exercise. If space is available and lap lanes are full, the open swim area may be used for lap swimming.

SPECIAL EVENTS

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

The Recreation & Parks Department reserves the right to alter and/or modify a Sports Pool schedule, rules, and type of play at any time 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.

Participation in recreational activities involves some degree of risk. Participants assume full responsibility for, and the risk of, bodily injury arising out of, or in any way connected with, participation or involvement in, or presence at, any activity or program. All participants must fill out the required activity release(s) before joining in on the fun.

For more information about the use of recreation facilities, please contact your nearest Recreation facility manager.



Water Exercise

Water exercise is organized by a program leader and is listed by the leader's name on the schedule. These programs are drop-in sessions that you can attend at your leisure, and take place in both deep and shallow water. 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 and ability.

For information on specific water exercise programs, please call the Recreation Center where the program is held.

DURATION

Limited to 50 minutes.

START TIMES

On the hour or half hour.

END TIMES

10 minutes prior to the end of the hour or half hour.

WATER EXERCISE GUIDELINES

- Must maintain an average attendance of 15 residents in order to keep a specific time slot.
- Entry into the next scheduled activity will not begin until 10 minutes prior to the activity start time.

- Staff will determine the 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 layouts are subject to change.
- Individuals waiting to participate in exercise programs must exit the pool 10 minutes prior to the start time.

PROGRAMMING

Water exercise and water volleyball programming may reach peak attendance/participation numbers allowed for the activity.

A staff member or volunteer will assist in counting individuals who wish to participate 30 minutes prior to the start of the activity on an as-needed basis.



Water Volleyball

Water Volleyball is offered in multiple skill levels and variations. There are different levels and types of play, including: Group, Organized, Splish Splash, Basic, Intermediate and Advanced* (*sign-up required).

Pool and court size and dimensions may vary, but typically 4 or 6 courts are set up by players and volunteers when playing. Playing rules may also vary from pool to pool (3 hit, no spiking, throw serve, etc.).

WATER VOLLEYBALL GUIDELINES

- See the weekly Recreation & Parks Publication for scheduled times.
- Nets are not to be set up until 10 minutes prior to start time.
- All players that arrive at the scheduled time will be rotated into play if space is available.
- Number of available courts and configuration of setup varies by pool.
- Volunteer Ambassadors help organize play and act as a Volunteer of the Recreation Department. Day to day operations (selecting teams, specific playing rules, etc.) may vary from Sports Pool to Sports Pool.
- Training is available for new players as well as experienced players. Players of all levels are welcome to attend the training on Fridays at 3pm at Colony Cottage Sports Pool. In addition to the Colony training, training for new players is also available on the 1st Thursday of each month at 11AM at Ezell Sports Pool.

Organized Play: Players arrive as individuals (not part of a team) and Rec Staff or a volunteer ambassador will organize all players into teams. Methods used to split players into teams may vary from pool to pool (volunteer captains select teams, ambassadors count players off into teams

randomly, etc.). Unused (vacant) courts must be made available to players from a different level of play. For example, during Organized Intermediate play vacant courts may be used for Basic Play. For enjoyment of all participants, players are encouraged to play at the level that matches their skill set.

Group Play: This is social play, and there is no designated level of play. During Group Play, players arrive as a group and play together on a court. No courts are reserved and all courts are available for play. Please abide by the courtesy rule for water volleyball courts so fellow residents have an opportunity to play. A group consists of 6 players per team with a minimum of 12 players per court.

Courtesy Rule: If courts are full, please limit play to 15 minutes. Teams in waiting will rotate in after 15 minutes. If a court is not full and player(s) are present, please allow them the opportunity to join the game. Nets and equipment are not setup and broken down by Recreation Staff. Groups and Players should all take part in assisting with setup and breakdown of nets and equipment. Individuals are encouraged to check the weekly Recreation & Parks Publication for the Sports Pool scheduled levels of organized play.



Scheduling

Sports Pool Seasons

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

FALL / WINTER

October 1 – March 31

SPRING / SUMMER

April 1 – September 30

AVAILABILITY & RESERVATION OF SPORTS POOLS

The Recreation & Parks Department has the responsibility to manage and program the Sports Pools that are available for your use in your community.

To be the best stewards of these facilities, the staff uses every effort to provide ample programming for all residents to get the most out of their active lifestyle.

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 select Sports Pools for private pool parties on Sunday afternoons. The Sports Pools available to rent are Mulberry Grove, SeaBreeze, and Everglades.

Please call 352-674-1800 for more information or to rent an approved Sports Pool.

