



# FIG AQUATICS INFORMATION

## General Information

Fig offers our recreation pool and year-round heated lap pool. Fig Garden Swim & Racquet Club offers year round programs for juniors and adults. The Club also offers summer swim lessons by a staff of excellent instructors. See the Member Relations Desk for additional information regarding any of our aquatic opportunities!

**Masters Swimming** - A program designed to create a fitness opportunity for our adult members, of all levels and abilities. Organized practices offered Monday, Wednesday, and Friday.

**Adult Swim Lessons** - The Club offers swim lessons for our adult members. These lessons are offered throughout the year and are suitable for those wishing to fine tune their strokes, get a workout, or learn the basics.

**Junior Swim Program** - The Club offers our junior members an opportunity to practice their strokes throughout the year by participating in the Dolphin Swim Program.

**Children's Summer Swim Lessons** - Fig Garden has an excellent staff of swim instructors and lifeguards that join us each summer to teach all levels of ability, beginning with mommy & me classes.

**Aqua Fitness Classes** - Look for our spring, summer, and fall sessions of Aqua Fitness! A workout for all abilities and ages!

## Swimming Pool Area Guidelines

- **Swimming is always at your own risk if lifeguards are not on duty.**
- **Lap pool use is for lap swimming only.**
- Diving into the Lap Pool is only allowed off the starting blocks and must be supervised by a Swim Coach. Diving into the Recreation Pool is only allowed in the deep end.
- Running approaches, flips and other unsafe behavior is not allowed.
- Water wings and other arm floatation devices are not allowed unless the parent maintains physical contact with the child.
- Children 8 years of age and under are not permitted in the pool unless accompanied poolside by a parent or a responsible adult over 18 years of age. *This includes when a lifeguard is on duty.*
- Children ages 9 - 13 must be supervised by a parent / responsible adult over 18 years of age or must have recently passed the required Club swim test and there is a lifeguard on duty.
- Swimming attire is only permitted when poolside or on the soccer field. Shirts, cover-ups, shoes or sandals are required in all other areas of the Club.
- Wet bathing suits are not to be hung on or in lockers. The Club offers suit spinners and bags in each locker room for your convenience.
- Glass is not permitted on the pool deck or BBQ area
- Diapers must be changed in the poolside bathrooms and not in the pool area.
- Members are not permitted to adjust the water level, temperature, pool equipment or plumbing. Please report any operational problems with the pool to Club employees.
- Please leave the pool area as clean as it was when you arrived.