



# 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.

**Fig Garden Swim Team** - The Club offers our junior members an opportunity to practice their strokes throughout the year by participating in the FGST 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!

**Private Stroke Instruction** - These are one on one lessons that will teach the basic mechanics of all four competitive strokes. We focus on technique, turns, dives and endurance. This is perfect for competitive swimmers or those who want to carry the skills for a lifetime.

## 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.