

# Indoor Pool Schedule

Samoset Resort

Winter Hours Effective  
November 27, 2011



**MORNING  
ADULT ONLY  
SWIM**

**ADULT ONLY  
WATER FITNESS  
CLASS**

**OPEN SWIM  
ALL AGES**

MONDAY	5:30am-8:45am	8:45am-10:00am	10:00am-8:00pm
TUESDAY	8:00am-8:45am	8:45am-10:00am	10:00am-8:00pm
WEDNESDAY	5:30am-8:45am	8:45am-10:00am	10:00am-8:00pm
THURSDAY	5:30am-8:45am	8:45am-10:00am	10:00am-8:00pm
FRIDAY	5:30am-8:45am	8:45am-10:00am	10:00am-8:00pm
SATURDAY	5:30am-8:00am	NO CLASS	8:00am-8:00pm
SUNDAY	5:30am-8:00am	NO CLASS	8:00am-8:00pm

## ***RULES YOU SHOULD KNOW:***

- \* Swim at your own risk—NO LIFEGUARD ON DUTY
- \* No diving. No running.
- \* Children under the age of 4 must wear a swim diaper.
- \* Pool toys are not allowed at any time.
- \* Swimmers must be 14 years of age to swim alone.
- \* Anyone under 14 must be accompanied by an 18 year old.



**SAMOSSET**  
RESORT  
ON THE OCEAN

## ***DURING WATER FITNESS CLASSES:***

- \* The entire pool area is closed to children under the age of 18.
- \* The pool is open for the use of class participants only.
- \* Swimming during class time is not permitted.
- \* Adults over 18 are permitted to use the hot tub during class.