

AQUATICS INFO



**GREEN MOUNTAIN
COMMUNITY FITNESS**
EVERYDAY STRONGER

**EVERYTHING YOU NEED
TO SWIM STRONG AT
GMCF!**

WWW.GMCF.LIFE/AQUATICS AQUATICS@GMCF.LIFE

about our pool

5
TOP
TOP

1. 25 yards long
2. 6 lanes
3. 3 ft / 10 ft deep
4. ADA compliant
5. Salt-based chemistry

Questions?
Email:
aquatics@gmcf.life

CLASSES & PROGRAMS

- U.S. MASTERS SWIMMING
- Aqua Aerobics
- KidSWIM
- **Group** swim lessons
- **Private** swim lessons
- **Adaptive** swim lessons
- Lifeguarding certification
- Swim & triathlon coaching
- Video swim analysis
- Stroke development clinics
- Training camps



LANE TYPES

- 01 SHARED**
LAP SWIMMING,
INDIVIDUAL AEROBICS/PT
- 02 OPEN SWIM**
RECREATIONAL
SWIMMING, LESSONS
- 03 CLOSED**
LESSONS, COACHING,
PHYSICAL THERAPY,
RENTALS

FREQUENTLY ASKED QUESTIONS

There's an empty lane. Can I just hop in?

Yes, unless there is a **sign** indicating the lane is **closed** for scheduled lessons, coaching, physical therapy or another reason. The **live schedule** on the **screen** in the Aquatics Office window indicates what is currently scheduled in the pool.

Can I lap swim without a reservation?

Yes, we do not accept individual lane reservations for lap swimming; **all open lanes are shared**.

Do I need a reservation for Open Swim?

No reservations are required for **Open Swim**, but **we recommend checking** the pool schedule or calling the front desk before departing to make sure no **special programs** have been scheduled.

Is Open Swim free?

Open swim is **free to members**. Non-members must pay a drop-in fee.

Do you have lifeguards?

We employ lifeguards on an **as-needed basis**, for specific programs and events and at other times when required. When lifeguards are not on duty, **users swim at their own risk**.

Can I use the back door?

The back entrance to our Aquatics area is reserved for **staff** and for our community members with **mobility challenges**. If you'd like to know more, please contact the Front Desk.

How do I sign up for Aqua Aerobics or Masters?

Aqua Aerobics and **Masters** are **classes** - you can sign up for any class in the **web portal** or **member app** using **class credits**. The Front Desk can also assist you.

Is Masters just for expert swimmers?

No, Masters is a **workout class** open to **any adult swimmer**, at any level provided you can swim at least 50 yards without stopping. **"Masters" just means adult!**

How do I sign my kids up for swim lessons?

For info about group lessons, visit the **Aquatics page** on our website. For information about **private lessons** with 1, 2 or 3 students with 1 instructor, **email our Aquatics Director** at aquatics@gmcf.life

Do you offer swim lessons for adults?

We periodically offer **adult learn-to-swim classes**, and also **private lessons** on an ongoing basis according to instructor availability. Visit the **Aquatics page** for more information.

REFERENCE	COMPETITION MILE
	YARDS = 1650 LENGTHS = 66
	TRUE MILE
	YARDS = 1760 LENGTHS = 70.4
	OTHER DISTANCES
	1/2 TRUE MILE = 880 YARDS / 35.2 LENGTHS
	1/4 TRUE MILE = 440 YARDS / 17.6 LENGTHS
	IRONMAN SWIM = 4224 YARDS / 168.96 LENGTHS

HOURS

Mon-Thu 5:00 AM - 8:30 PM
Fri 5:00 AM - 7:30 PM
Sat 7:00 AM - 6:30 PM
Sun 8:00 AM - 6:30 PM