SPRING POOL SCHEDULE
MARCH 29 - JUNE 6, 2025

All pool hours are subject to change.

FOREST HILLS
— PUBLIC SCHOOLS —

SCHEDULED POOL CLOSINGS

DATE	TIME	REASON
MAY 24 - MAY 26	ALL DAY	HOLIDAY
FRIDAY, JUNE 6	ALL DAY	STAFF TRAINING

AVAILABLE SWIM TIMES

MONDAY THROUGH FRIDAY

NOTES

LAP SWIM & ON YOUR OWN EXERCISE - DEEPWATER	7:30 am - 9:00 am	The lap swim will run the yard course with eight lanes available. The diving well is available for deep water exercise.
LAP SWIM & ON YOUR OWN EXERCISE - SHALLOW WATER	11:30 am - 1 pm	The lap swim will run the meter course with six lanes available. The shallow end is available for on-your-own exercise.
ADULT/CHILD SWIM - SHALLOW END ONLY	11:30 am - 1 pm	The adult and child are in the shallow end together.

SATURDAY

OPEN SWIM*	1:00 pm - 3:00 pm	*The shallow end and six-foot area will be available to use. There are two lap lanes available for lap swim only. The diving board area is for diving board use only. One low diving board will be open.
LAP SWIM & ON YOUR OWN EXERCISE - SHALLOW WATER	3:00 pm - 4:00 pm	

SWIMMING POLICIES FOR YOUTH

Youth are welcome to attend various pool activities. Use these guidelines to ensure everyone is swimming safely.

- Children aged 12 and up can participate in Open Swim without a parent or guardian on-site. All children aged 11 and under must have a parent or guardian on the pool deck.
  - If a child cannot swim at least the width of the pool they must stay in the shallow end.
  - Non-swimmers under 52 inches tall and anyone who is using a flotation aid (not provided) must have a parent or guardian in the water with them. Parents or guardians should always be within arms reach of a non-swimmer. Flotation aids are only allowed in the shallow end.
  - Users are welcome to bring their own toys to our facility. Toys should be used in the shallow end only.
- Youth can participate in lap swimming so long as they are adhering to proper lap swimming etiquette.
  - *The rail of the lifeguard chair just below the platform, is 52 inches high.*

Click for Pool Fees
Click for more Pool Rules