

### HOURS OF OPERATION:

| **Mon - Thurs:** 7am-12pm & 4pm-7pm | **Fri:** 7am-12pm & 2:30pm-6:30pm |

**Sat:** 8am-1:30pm

**Water Fitness capacity is limited to 20 participants**

**\*ONE LANE OPEN FOR INDIVIDUAL EXERCISE/WATER WALKING MONDAY - FRIDAY 10am-12pm\***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00 AM	Lap Swim 7:00 - 12:00	Adult Zone 7:00 - 9:00	Lap Swim 7:00 - 8:55	Adult Zone 7:00 - 8:55	Lap Swim 7:00 - 8:55	Adult Zone 7:00 - 8:55	Closed	
7:15 AM								
7:30 AM								
7:45 AM								
8:00 AM								
8:15 AM								
8:30 AM								
8:45 AM								
9:00 AM		Family Zone 9:00 - 12:00	Water Fitness 9:00 - 10:00		Family Zone 9:00 - 12:00	Individual Exercise 9:00 - 10:00		
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Zone = shallow side of the pool only Swim = entire pool (except for lap swim, designated lanes only) Updated 6/23/2026

**AGE POLICIES:** All children nine (9) and under need an adult (18+) in the facility; children six (6) and under **MUST** always have an adult (18+) in the water within arm's reach. An adult (18+) can **ONLY** monitor 2 children 6 and under at one time, any other children under 6 require an additional adult (18+).

**SWIM TEST POLICY:** if the water level in the deepest part of the pool above a swimmer's shoulder height, they must take a swim test to be allowed in the deep end.

**GREEN Band:** Can jump in, swim the length of the pool unassisted, pause in deep water to either tread water or back float for 15 seconds.

**RED Band:** Must wear a life jacket to be in the deep end.

**LAP SWIM TEST:** Swim two lengths (one lap) of the pool without stopping.

**Recreational (Rec) Swim:** Anyone can enjoy the pool. Kids ages 10 and up can swim without an adult.

**Individual Exercise:** Self-led aquatic fitness time for adults. Water fitness equipment will be made available. One lane may be left open for lap swimming if attendance is low.

**Family Swim:** Open for all families to enjoy the pool. An adult must be in the pool swimming with their children.

**Tot Zone:** Families with children 6 and under can enjoy the shallow end. An adult must be in the pool swimming with their children.

**Lap Swim:** **ALL** lap swimmers must swim continuous laps in designated lap swim area. Circle swimming or sharing the lanes are required when lap lanes are full.

**Adult Swim:** A time for ages 18 and older to enjoy the pool for activities such as individual exercise, swimming laps, or to recreate.

**Adult Zone:** Ages 18 and older can enjoy the shallow end for activities such as individual exercise or to recreate.

**Water Fitness:** A low-impact aquatic class with no swimming skills required. Please notify your Instructor of any modifications needed regarding injuries or swimming ability.

**Adult Spa:** Anyone over the age of 18 can enjoy our Adult Spa. The temperature ranges from 101-104 °F. Please limit your stay to 15 minutes as per Health Code.

**Mon-Thurs:** 5:45am-7:30pm | **Fri:** 5:45am-6:30pm | **Sat:** 8:00am-2:30pm | **Sun:** 9:00am-3:30pm

**Sauna:** Anyone over the age of 18 can enjoy the sauna. Users must follow **ALL** sauna safety rules.

**SAUNA SAFETY RULES WILL BE ENFORCED BY AQUATIC AND CENTER STAFF**

- \* For an entire list of rules, visit [parkstacoma.gov/place/norpoint-pool](http://parkstacoma.gov/place/norpoint-pool)
  - This is a dry sauna. Do not pour water on the electric coils.
  - Clean swim attire or T-shirt and shorts must be worn. Shoes & socks are not permitted in the sauna
  - Participants are required to bring a towel to sit on when using the sauna.
  - Observe reasonable time limit. Do not exceed 15 minutes.

**Mon-Thurs:** 5:45am-7:30pm | **Fri:** 5:45am-6:30pm | **Sat:** 8:00am-1:30pm

**Family Spa:** The spa in the pool area is available for families. Children under age ten must be accompanied by an adult in the water. Children ages 6 and under are discouraged from using the spa. The water temperature ranges from 99-101 °F.

**FAMILY SPA IS NOT OPEN DURING SWIM LESSONS**