



EXCELSIOR SPRINGS COMMUNITY CENTER COMPETITION POOL SCHEDULE

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM-5:45AM CLOSED	5:00AM-NOON CLOSED	5:00AM-9:00AM CLOSED	5:00AM-NOON CLOSED	5:00AM-5:45AM CLOSED	5:00AM-NOON CLOSED
MASTERS SWIM 5:45AM-9:00AM CLOSED TO PUBLIC	OPEN SWIM NOON-8:45PM 2 Lanes All Areas	DEEP WATER AEROBICS 9:00AM-9:50AM ONLY OPEN FOR CLASS	OPEN SWIM NOON-8:45PM 2 Lanes All Areas	MASTERS SWIM 5:45AM-9:00AM CLOSED TO PUBLIC	OPEN SWIM NOON-6:45PM 2 Lanes All Areas
DEEP WATER AEROBICS 9:00AM-9:50AM ONLY OPEN FOR CLASS	MASTERS SWIM 7:00PM-8:30PM LAP LANES CLOSED	9:50AM-NOON CLOSED		DEEP WATER AEROBICS 9:00AM-9:50AM ONLY OPEN FOR CLASS	
9:50AM-NOON CLOSED		OPEN SWIM NOON-8:45PM 2 Lanes All Areas		9:50AM-NOON CLOSED	
OPEN SWIM NOON-8:45PM 2 Lanes All Areas		MASTERS SWIM 7:00PM-8:30PM LAP LANES CLOSED		OPEN SWIM NOON-8:45PM 2 Lanes All Areas	
					SUNDAY
					8:00AM-NOON CLOSED
					OPEN SWIM NOON-4:45PM 2 Lanes



A STRUCTURED SWIM PROGRAM FOR ADULTS 18+ LOOKING TO STAY ACTIVE IN THE POOL. COACH LED WORKOUTS AND SWIM TECHNIQUE REFINEMENT AT YOUR OWN PACE!

\$50/MONTH
MEMBERS & NON-MEMBERS



U.S. MASTERS SWIMMING

FACILITY HOURS: MONDAY-FRIDAY 5:00am-9:00pm | SATURDAY 6:00AM-7:00PM | SUNDAY 8:00AM-5:00PM
CHILD WATCH HOURS: MONDAY-FRIDAY 8:00AM-12:00PM & 4:00PM-8:00PM SATURDAY 8:00AM-12:00PM

EXCELSIOR SPRINGS COMMUNITY CENTER | 500 TIGER DRIVE, EXCELSIOR SPRINGS MISSOURI 64024 | 816-656-2500

DIVING BOARD:

- NO FLOTATION DEVICES OF ANY KIND ARE ALLOWED ON THE DIVING BOARD.
- ANY PATRON WEARING OR REQUIRING A LIFEJACKET CANNOT GO OFF THE DIVING BOARD.
- ONLY ONE PERSON AT A TIME CAN GO OFF THE DIVING BOARD.
- ONE PERSON ON THE DIVING BOARD PLATFORM AT A TIME.
- PATRONS MUST WAIT UNTIL THE PERSON IN FRONT OF THEM IS ON THE WALL BEFORE JUMPING OFF THE DIVING BOARD.

ROCK WALL:

- NO FLOTATION DEVICES OF ANY KIND ARE ALLOWED ON THE ROCK WALL.
- ANY PATRON WEARING OR REQUIRING A LIFEJACKET CANNOT USE THE ROCK WALL
- ONE PERSON AT A TIME ON THE ROCK WALL.
- PATRONS MUST WAIT UNTIL THE PERSON IN FRONT OF IS CLEAR FROM THE SPLASH ZONE BEFORE USING THE ROCK WALL.
- NO FLIPS OFF THE WALL INTO THE WATER.
- WEIGHT LIMIT IS 350 LBS

OTHER INFORMATION:

FLOTATION DEVICES & TOYS:

- ONLY U.S. COAST GUARD-APPROVED LIFE JACKETS ARE PERMITTED. INFLATABLE DEVICES, WATER WINGS, AND OTHER NON-APPROVED FLOTATION DEVICES ARE NOT ALLOWED.
- THOSE REQUIRING A LIFEJACKET MUST WEAR A PROVIDED RED WRIST BAND.
- POOL NOODLES, KICKBOARDS, AND OTHER SWIM AIDS ARE NOT ALLOWED IN THE OUTDOOR POOL.
- DIVE TOYS ARE NOT ALLOWED IN THE DEEP END OF THE POOL (5FT OR LESS).
- THE USE OF WATER GUNS / SPRAYING TOYS IS NOT ALLOWED.

HEALTH AND SAFETY:

- ANYONE EXPERIENCING DIARRHEA, VOMITING, OR ANY CONTAGIOUS ILLNESS MUST NOT ENTER THE POOL.
- INDIVIDUALS WITH OPEN WOUNDS OR SKIN INFECTIONS MUST REFRAIN FROM USING THE POOL.
- NO SPITTING, NOSE-BLOWING, OR URINATING IN THE POOL.
- PATRONS WITH SEIZURES, HEART CONDITIONS, OR OTHER MEDICAL CONCERNS SHOULD CONSULT A PHYSICIAN BEFORE USING THE POOL.
- IF THE POOL WATER TEMPERATURE IS BELOW 70 DEGREES, THE POOL WILL CLOSE UNTIL THE TEMPERATURE HAS RISEN.

INCLEMENT WEATHER:

- IN THE EVENT OF INCLEMENT WEATHER, THE POOL STAFF WILL MONITOR CONDITIONS AND MAKE DECISIONS REGARDING POOL CLOSURES.
- THE POOL WILL BE CLEARED IMMEDIATELY, AND ALL PATRONS MUST EXIT THE FACILITY IF ANY OF THE FOLLOWING CONDITIONS OCCUR:
- LIGHTNING IS SPOTTED OR THUNDER IS HEARD.
- HEAVY RAIN REDUCES VISIBILITY FOR LIFEGUARDS.
- HAIL, STRONG WINDS, OR A TORNADO WATCH/WARNING IS ISSUED.
- THE POOL WILL REMAIN CLOSED UNTIL 30 MINUTES AFTER THE LAST LIGHTNING STRIKE OR THUNDERCLAP, OR UNTIL OTHER HAZARDOUS CONDITIONS HAVE PASSED.
- IF THE POOL REMAINS CLOSED FOR AN EXTENDED PERIOD, THE STAFF WILL UPDATE PATRONS WITH RELEVANT INFORMATION.