



Early Morning Swim Info

This summer, Early Morning Lap Swimming will be offered to **residents** Monday-Friday from 6am until 7:30am at no charge. In order to comply with CDC guidelines, we will have several protocols in place to keep all patrons and our staff safe.

If you are interested in participating, please email our park director, Jen Serra, @ jserra@gpshoresmi.gov to be added to our Early Morning Swim email list.

This summer, we are asking residents to sign up for the days and times you plan to swim. Every Friday @ 8:30am, a link to the next week's Sign Up Genius registration will be sent to those on the email list. You will be required to enter your valid park pass number to register, so please be sure to visit City Hall to obtain this year's pass if you have not already done so. (You may be asked to present your park pass when you arrive on deck to swim, so please have it on hand)

Early Morning Swim Weeks	Sign-Up Genius Will Be Emailed @ 8:30am on
June 29-July 3	Friday, June 26
July 5-11	Friday, July 3
July 12-18	Friday, July 10
July 19-25	Friday, July 17
July 26-August 1	Friday, July 24
August 2-8	Friday, July 31
August 9-15	Friday, August 7
August 16-22	Friday, August 14
August 23-29	Friday, August 21

Swimming sessions are 45 minutes (two available each day). At this time, you are allowed to sign up for both sessions. If we discover that not all residents have the opportunity to swim due to filled sign-ups, we will restrict each swimmer to one 45-minute session each morning.

Multiple swimmers from the same household may swim in the same lane using one reservation.

As a courtesy, please respect other swimmers by showing up according to your reservation, vacating your lane when your time ends, and following social distancing guidelines.

When signing up, please note: six of our lanes are meter lanes (main pool), and three lanes are yard lanes (deep end). There will be no backstroke permitted in the deep end yard lanes.

To keep other swimmers and our staff safe, please take your temperature and conduct a simple health screening **before** arriving at the pool (see below). If you have a fever or are feeling sick, we kindly ask that you refrain from participating until your symptoms have subsided.

A 30-second hot shower is recommended prior to pool entry. This will help to keep our chemicals balanced, which allows the chlorine to prevent the spread of COVID-19. Please consider showering at home before your arrival, or plan to shower prior to entering the pool deck.

Other than for showering upon arriving, locker room facilities will not be assessable. An outdoor (cold water) shower will be available for patron use, as will the rest rooms across from the interior gate house. All swimmers will exit using the turn-style at the west end of the pool deck.

Swimmer Health Screening

Have you had any of the following symptoms in the past 24 hours?

- coughing
- shortness of breath or difficulty breathing
- chills
- repeated shaking with chills
- muscle pain
- headache
- sore throat
- unexplained rash
- diarrhea
- new loss of taste or smell
- close contact with any person with any of these identified symptoms or known COVID-19