Public and Lane Swim Guidelines

We are so excited to welcome you back to the FLC! We sure missed everyone. We do have a few guidelines we need our guests to follow in order to keep you and everyone else safe. We thank you so much for your continued support and cooperation.

Under the weather? We’re sorry to hear that! We do ask that you do not enter until you have recovered from your symptoms and are feeling completely healthy again.

Maintain a safe distance from others at all times, about the length of a pool noodle is appropriate. Follow instructions on signage and decals throughout the facility, and if you have any questions just ask our staff.

Sanitize hands frequently and wash thoroughly when possible. Check out our bathroom mirrors for some fun songs to make sure you get those vital 20 seconds of scrubbing in!

Avoid unnecessary contact with high-touch surfaces and handrails, door handles and countertops etc. Grab a paper towel, use your elbow, hip check, or a well placed gentle foot push will work just fine in the absence of your hands.

Please be respectful of our staff and adhere to their directives. We know a new way of doing things can be stressful and times, but we are here to keep you safe and support you. We appreciate your understanding and cooperation.

At this time, only the wave pool will be available for public swim. The dive tank, hot tub, steam room, and waterslide will remain closed until further notice.

Please arrive at your swim time no more than 10 minutes early to avoid crowding, and when possible come ready to go to reduce crowding and wait times in changerooms.

Showers prior to entering the swim area are mandatory, and they will not be available for use after your swim. This is to reduce wait times and ensure we maintain 2 metre distancing and will also help us prepare the facilities for the next group.

During public swim times toys will not be available for use, but patrons are welcome to bring pool toys from home such as noodles, balls, dive toys. Please no inflatables or toys that are not clean- you know the drill. Give them a wipe with sanitizer before you head down to swim.

Our pool lanes will be booked individually, and we ask that swimmers stay to the centre of their lane. Enjoy the space, because it’s all yours for your time frame.

“Inclement Weather Refunds- In the event that a booking that is to occur at an outdoor pool is cancelled due to inclement weather everyone will receive a refund to account credit. The account credit can then be used for future booking time slots.