



SHADOW WATER POLO: 2024/2025 (updated August 17, 2024)

The following details are particularly important.

Please review them in detail and ensure that your child is familiar with these guidelines.

TPASC Entrances

- There are two entrances - one on the north end of the building and one to the East

Arrival time

- Arrive 15 minutes before training time (e.g., if your practice starts at 7pm, then arrive at 6:45pm)
- Children wear their bathing suit under the appropriate clothing
- In the winter boots/shoes are taken off at the doors BEFORE entering the pool area - this is very important

Entering the pools

- When you enter the doors from the North side of TPASC (coming in from the North parking lot), proceed down the main hallway; there are turnstiles on your right just past the indoor track
 - If you are trying us out, check-in at Guest Services (the desk just beyond the turnstiles) to ask to be let in by giving them your name indicating you are with Shadow Water Polo
 - After you try us out and become a member, the child MUST get a TPASC card (contact us at shadowwaterpoloclub@gmail.com) to enter into the pool area; lost TPASC cards are replaced for a fee so please keep it safe
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- After entering the turnstiles, go downstairs, turn left and go through the first set of doors on your right (there are the change rooms)
- The **Dive Tank** is on the north end of the building (past the lane swimming) and the **Training Pool** is on the south end of the building (check your child's schedule to advise them on where to go)
- **When it is raining/snowing, please make sure that your athlete takes his/her shoes off before entering the pool deck; this is especially important**
- Parents can watch children from the spectator stands

[Here is a TPASC floor map.](#)

Level 1:

- This is the "basement" level where the pools are found.
- The Training Pool is on the left side of the building. The Dive Tank shows a diver in the pool on the pool to the furthest right of the building.
- You enter on Level 2 and have to take stairs down to Level 1.

Level 2:

- The red arrows on Level 2 indicate the entrances (the one on the right is the entrance from the North Parking lot).
- The Service Desk for gathering your TPASC card and gaining entrance to the turnstiles is the "?" area (found on left side of picture).



- The spectator areas are accessed by this level.

Change rooms are available.

What to bring?

- Water bottle
- Towel
- Clothes to change into after swimming
- Some children bring flip flops for the change room
- Swim goggles are optional; water polo is not played with swim goggles but they may be used when children are swimming lengths