



Jan 2024

Milpitas Star Fitness

Operation Hours for Open Pools / Steam & Sauna Rooms

Open Pools for Aqua Members	Weekdays	Saturdays	Sundays
	7 am - 1pm AND 8 pm - 9:30pm	7 am - 9:45 am	
Sauna / Steam	7 am - 9:30pm	7 am - 3:30pm	7 am - 1pm
Gym Facility	7 am - 10pm	7 am - 4 pm	7 am - 1:30pm

Pools Areas

Lap Swim - Deep (4-7ft / 25-yd heated pool with lane lines)

Family Swim - Shallow (3-5ft / 20-yd heated pool)

Age Restriction

Children under the age of 18 years old are not permitted to use the pools without being accompanied by an adult member that is at least 18 years old.

Children under the age of 14 years old are not permitted to use the gym.

Children between the age of 14 and 18 must be accompanied by an adult member that is at least 18 years old.

* 1818 Clear Lake Avenue * Milpitas * (408) 942 8889 * www.msta-swim.com / info@msta-swim.com OR mstafcenter@gmail.com *

MSTAF Pool Rules

At Milpitas Star Aquatics & Fitness, your safety and experience are very important to us. Our rules are intended to keep you and other patrons safe during visits to our facility. When you visit our facility, it is important that you and everyone in the facility remain safe.

Our pool rules include:

Safety Marshall and employees have the authority to ask a member to vacate the premises if he/she fails to follow the rules.

- Safety Marshall are responsible for the safety of all swimmers.
- Any conduct determined by Safety Marshall or employee that jeopardizes the health or safety of the pool or its users are prohibited.
- All children 10 years of age and under must be accompanied by an adult.
- All non-swimmers are to remain in the lobby/viewing areas and off the pool decks.
- All swimmers must wear proper swim attire.
- All kick boards will be provided for swim lesson students ONLY.
- No rough play, horseplay or splashing in the pool area.
- Diving off the deck or start blocks is only permitted when accompanied by an MSTA swim coach.
- The large pool is for lap swim use only. Please share lanes and utilize a small pool for family activities.
- Do not PULL, SIT, or CLIMB on lane lines.
- No food or beverages are allowed in the pool area.

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