



**LAP SWIM TIMES**

*Privates may use lanes at anytime*

MON	TUES	WED	THUR	FRI	SAT	SUN
5:00a-8:00a 5 lanes	5:00a-8:00a 5 lanes	5:00a-8:00a 5 lanes	5:00a-8:00a 5 lanes	5:00a-8:00a 5 lanes	6:00a-8:15a 5 lanes	10:00a-1:30p 4 lanes
8:00a-8:50a 2 lanes	8:00a-8:50a 2 lanes	6:00a-8:50a 4 lanes	8:00a-8:50a 2 lanes	8:00a-8:50a 2 lanes	8:15a-9:00a 1 lanes	1:30p-3:45p 1 lanes
8:50a-1:00p 4 lanes	8:50a-4:00p 4 lanes	8:00a-8:50a 2 lanes	8:50a-4:00p 4 lanes	8:50a-1:00p 4 lanes	9:00a-11:00a 0 Lanes	
1:00p-1:50p 2 lanes	4:00p-4:30p 2 lanes	8:50a-1:00p 4 lanes	4:00p-4:30p 2 lanes	1:00p-1:50p 2 lanes	11:00a-3:30p 4 Lanes	
1:50p-4:00p 4 lanes	4:30p-6:00p 0 lanes	1:00p-1:50p 2 lanes	4:30p-6:00p 0 lanes	1:50p-4:30p 4 lanes		
4:00p-5:00p 0 lanes	6:00p-7:30p 1 lanes	1:50p-4:00p 4 lanes	6:00p-7:30p 1 lanes	4:30p-6:00p 3 lanes		
5:00p-6:00p 3 lanes		4:00p-5:00p 0		6:00p-7:30p 1 lanes		
6:00p-7:30p 1 lanes		5:00p-6:00p 0 lanes				
		6:00p-7:30p 2 lanes				

**WATER FITNESS CLASSES & WATER VOLLEYBALL**

MON	TUES	WED	THUR	FRI	SAT	SUN
		Aqua Fit 6:00a-6:50a				
Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes	Aqua Fit 8:00a-8:50a 3-4 Lanes		
Aqua Fit 1:00p-1:50p 3-4 Lanes		Aqua Fit 1:00p-1:50p 3-4 Lanes		Aqua Fit 1:00p-1:50p 3-4 Lanes		
Water Volleyball 6:00p-7:30p 2 lanes	Aqua Fit 6:00p-6:50p 2 lanes		Aqua Fit 6:00p-6:50p 2 lanes	Water Volleyball 6:00p-7:30p 2 lanes		

**PROGRAMMING TIMES**

MON	TUES	WED	THUR	FRI	SAT	SUN
Swim Team 4:00-5:00	Swim Team 4:00-6:00	Swim Team 4:00-6:00 Swim Meet	Swim Team 4:00-6:00		Lessons 8:15a-11:00a	Lessons 1:30p-3:45p
Lessons 4:30-6:15	Lessons 6:30-7:00	Lessons 4:30-6:15	Lessons 6:30-7:00	Lessons 4:30p-5:45p		

**OPEN SWIM TIMES**

MON	TUES	WED	THUR	FRI	SAT	SUN
8:50a-1:00p	8:50a-4:00p	8:50a-1:00p	8:50a-4:00p	8:50a-1:00p		
1:50p-4:00p	6:50p-7:30p	1:50p-4:00p	6:50p-7:30p	1:50p-4:00p	11:00a-3:30p	10:00a-1:30p
6:15p-7:30p		6:15p-7:30p		5:45p-7:30p		

Fun Swim Meet: Wednesday 4/2 4p-6p: Pool Deck Closed

Guard In Service: Wednesday 4/2 5:30p-7:30p

## Pool Usage Descriptions

Lap Swim	Age 13 and older unless accompanied by an adult on the pool deck
Open Swim	Adults MUST be in the water at all times with children 7 and under or children 8 and older who cannot pass a swim test
Aqua Fit	Age 10 and older with an adult or at instructor's discretion.
Water Volleyball	Age 13 and older unless accompanied by an adult on the pool deck
Programming	Swim Lessons, Swim Team or other pool related programming

- During Pool Programming there may be temporary lane availability (look for sign on pool deck)
- Please share lanes if busy
- Lanes may be used for Private Swim Lessons any time
- After School Care shares Open Swim lanes from 3-4pm on Thursdays
- Sauna, steam room and whirlpool close when the pool closes
- Monthly trainings will be held the 1st Wednesday 5p-7p (2 lanes) and the 2nd Sunday 330-530
- If you are wanting to use the pool after using the sauna, steam room or hot tub please shower off **BEFORE** entering the pool. Also please only use the **Open Swim** lanes to cool off. If **Programming** or **Aqua Fit** is happening please refrain from using the pool to cool off

## Pool Rules

- Do not enter the pool area unless there is a lifeguard on duty
- Children 7 and under:
  - Passed swim test: must have adult in the water and within arms reach (yellow band)
  - Did Not Pass Swim Test: Must have an adult in the pool within arms reach and wear a life jacket in the deep end. No wrist band
- Children 8-11:
  - Passed Swim Test: May swim independently, with a supervising adult on the pool deck (yellow band)
  - Did Not Pass Swim Test: Must have an adult in the pool within arm's reach and wear a life jacket if in the deep end. No Wrist Band
- Children 12-14:
  - Passed Swim Test: May swim without an adult present (green band)
  - Did Not Pass Swim Test: Must have a supervising adult in the water with them. No wrist band.
- Wear appropriate swimwear
- Forward facing jumps only. No flips, twists or entering the pool sideways or backwards
- Diving unless during YMCA programming
- Horseplay, dunking, throwing of children, etc. are strictly prohibited
- All life jackets must be Coast Guard approved (noodles or water wings are not recognized as proper flotation devices)
- Shower with soap and water before entering the pool
- No food, chewing gum, or drink in the pool area (excluding plastic water bottles)
- Diaper changing on the pool deck is not allowed, and all diapered children must wear a swim diaper
- The practice of hyperventilation and breath holding activities in the aquatic facility are strictly prohibited. You may have 20 seconds underwater or one half length of the pool underwater followed by a period of rest above the water
- Walk on the pool deck, do not run
- No breakable containers allowed in the pool area
- Be aware of your language and actions, this is a family friendly facility
- No Mermaid Tails