



Scheu Family YMCA of Upland

Monday–Friday 6:00a–8:30p

Saturday 7:30a–3:30p

Sunday 7:30a–3:30p

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:00a Lap Swim (7 Lanes)	6:00-9:00a Lap Swim (7 Lanes)	6:00-9:00a Lap Swim (7 Lanes)	6:00-9:00a Lap Swim (7 Lanes)	6:00-9:00a Lap Swim (7 Lanes)	7:30-8:30a Lap Swim (2-4 Lanes)	7:30a-3:30p Lap Swim (6 Lanes)
9:00-9:45a POWER WAVES (6 Lanes) *NO LAP or OPEN SWIM	9:00-9:45a AQUAFIT (3 Lanes) *NO OPEN SWIM	9:00-9:45a POWER WAVES (6 Lanes) *NO LAP or OPEN SWIM	9:00-9:45a AQUAFIT (3 Lanes) *NO OPEN SWIM	9:00-9:45a POWER WAVES (6 Lanes) *NO LAP or OPEN SWIM	9:00-9:45a Aqua Surge (2 Lanes)	7:30a-3:30p Open Swim
10:00a-3:00p Lap Swim Open Swim (6 Lanes)	10:00a-3:00p Lap Swim Open Swim (6 Lanes)	10:00a-3:00p Lap Swim Open Swim (6 Lanes)	10:00a-3:00p Lap Swim Open Swim (6 Lanes)	10:00a-1:00p Swim Assessment	9:00a-1:00p Swim Lessons Open Swim	7:30a-3:30p Swim Assessment
3:00-6:00 pm Swim Lessons	3:00-6:00 pm Swim Lessons	3:00-6:00 pm Swim Lessons	3:00-6:00 pm Swim Lessons	10:00a-3:00p Lap Swim Open Swim	9:30a-1:30p Lap Swim (1 Lane)	
3:00-5:30p Lap Swim (2 Lanes)	3:00-5:30p Lap Swim (2 Lanes)	3:00-5:30, 7:30-8:30p Lap Swim (2 Lanes)	3:00-5:30p Lap Swim (2 Lanes)	3:00-6:00p Lap Swim (6 Lanes)	1:30-3:30p Lap Swim (6 Lanes)	
3:00-8:00p Open Swim Small Pool	3:00-8:00p Open Swim Small Pool	3:00-8:00p Open Swim Small Pool	3:00-8:00p Open Swim Small Pool	3:00-8:00p Open Swim Small Pool	1:30-3:30p Open Swim	
6:00-8:00p Swim Team (3-6Lanes)	6:00-8:00p Swim Team (3-6Lanes)	6:00-6:45p POWER WAVES DEEP (2-3 Lanes)	6:00-8:00p Swim Team (3-6Lanes)	6:00-8:00p Swim Team (3-6Lanes)		
7:30-8:30p Lap Swim (3 Lanes)	7:30-8:30p Lap Swim (3 Lanes)	6:00-8:00p Swim Team (3-6Lanes)	7:30-8:30p Lap Swim (3 Lanes)	7:30-8:30p Lap Swim (3 Lanes)		

Important Updates

- **During swim lessons, open swim and lap swim may be limited.**
- **Open swim is permitted in the small pool during swim lessons unless moved to another area of the pool as requested to fulfill program needs.**
- **Open swim is not permitted during Aqua Fit class times or YMCA programming. Lap swim is limited during these program times.**

Swim Rules and Descriptions

Pool Rules:

1. Swimming without a Lifeguard is prohibited.
2. Breath holding or 'dead man floats' are not allowed.
3. Everyone must shower before entering the pool.
4. Proper swim attire must be worn at all times.
5. Running on the pool deck is not allowed.
6. Rough housing and climbing on one another is prohibited.
7. Hanging on the lane lines is not allowed.
8. Persons currently having active diarrhea or who have had active diarrhea within the previous 14 days shall not be allowed to enter the pool.
9. No food or beverages, other than water, are allowed on the pool deck.
10. Diving/jumping is not allowed.
11. Children 8 and under must have a parent or guardian on the deck or in the pool at ALL times.

Swim Test and Band Colors: Each swimmer, 14 years old and younger, are required to take a swim test. The swim test includes swimming, as best as they can, with their head in the water along the pool's edge, as far as they can. A submersion and back float will also be tested. Based on the swimmer's skills, a colored wristband will be given to determine where they may swim in the pool and what stage the swimmer will be in for swim lessons.

Red: A red swimmer is a non-swimmer who cannot swim on their own and needs assistance staying afloat. Red swimmers MUST be accompanied by a parent or guardian 18 years or older and MUST remain in the pool with them at an arms' length. The designated area of swim is in the shallow end if each pool. ALL red swimmers MUST wear a U.S. Coast Guard approved life vest at ALL TIMES unless an adult (18+) is holding and swimming with the child. NO EXCEPTIONS!

Yellow: A yellow swimmer is an intermediate swimmer who can float for 10 seconds on their own but cannot confidently swim the length of the pool. Yellow swimmers have an understanding of their safe zone in the water. Yellow swimmers must stay where they can touch the bottom of the pool at all times.

Green: A green swimmer is a confident swimmer, who can swim the length of the pool with their face in the water, tread water and back float for 30 seconds. Green swimmers may swim in any depth of water in the pool and utilize the lap lanes when available.

Lap Swim: Swimming laps can have a positive impact on your wellbeing. Lap swim is for green wristband swimmers and adults who continuously swim back and forth. Lanes can be shared with up to 2 people at a time. Please get the acknowledgement of the lap swimmer occupying the lane prior to entering at the shallow end.

Swim Lessons: Our progressive swim lessons teach water safety, swim endurance and technique during each 30 minute class. **During swim lessons, swim lap or open swim may be reduced to fit the needs of YMCA programming.**

Open Swim: The perfect time for you and your family to spend time together. Open Swim is available daily when swim lessons or club activities are not scheduled. **During swim lessons, swimmers may be asked to move to a different area of the pool(s) to accommodate YMCA programming.**

Aqua Walk: A great way to add water to your run, jog, or walk without the impact of being on

Aqua Fit: The perfect water aerobics class for all. Whether it is arthritis, joint recovery, asthma, or any other physical limitations, Aqua Fit is designed to keep you working out while enjoying great music and good company.

Power Waves: An intense aqua workout with a combination of interval training, plyometrics, power moves and choreography that will improve your cardiovascular fitness, muscular endurance and strength, coordination, balance and flexibility. It's fun!

Water Polo: Learn through Teamwork! Water Polo is a great way to gain confidence and strength in the water. This course covers basic Water Polo skills, including treading water, passing, blocking, and scoring.

Swim Club: Complete & pass a Swim Team Tryout by our certified coaches. Able to demonstrate all 4 styles of competitive strokes in a timed manner along with proper flip turns. Must be committed to bringing their swim equipment on a daily basis.

Summer Day Camp: Our summer camps provide a safe and enriching environment for our youth to participate in healthy, developmentally-appropriate activities and learning experiences; like swimming. They occupy our small pool and 4 lanes in our lap pool.

Youth Restroom Policy: Children **over the age of 5** may **not** use the opposite gender bathroom/locker room. They must use the same gender restroom facility.