



# JANUARY POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Pool Hours:

Monday-Friday: 6:00a-8:30p

Saturday-Sunday: 7:30a-3:30p

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap swim 6:00a-3:45p	Lap swim 6:00a-3:45p	Lap swim 6:00a-3:45p	Lap swim 6:00a-3:45p	Lap swim 6:00a-8:30p	Lap swim 7:30a-3:30p	Lap swim 7:30a-3:30p
Power Waves 9:05a-9:55a	Aqua Tone & Stretch 9:05a-9:50a	Power Waves 9:05a-9:55a	Aqua Tone & Stretch 9:05a-9:50a	Power Waves 9:05a-9:55a	*Lap swim is limited during ymca programming.	Open swim 7:30a-3:30p
Open swim 10:00a-8:30p *Open swim is limited during ymca programming.	Open swim 10:00a-8:30p *Open swim is limited during ymca programming.	Open swim 10:00a-8:30p *Open swim is limited during ymca programming.	Open swim 10:00a-8:30p *Open swim is limited during ymca programming.	Open swim 10:00a-8:30p	Aqua Surge 8:05a-8:50a	
Swim Lessons 3:45p-6:00p	Swim Lessons 3:45p-6:00p	Swim Lessons 3:45p-6:00p	Swim Lessons 3:45p-6:00p	Swim Team 5:30p-8:00p	Swim Lessons 10:00a-1:00p	
Lap swim 3:00p-8:30p *Lap swim is limited during ymca programming.	Lap swim 3:00p-8:30p *Lap swim is limited during ymca programming.	Lap swim 3:00p-8:30p *Lap swim is limited during ymca programming.	Lap swim 3:00p-8:30p *Lap swim is limited during ymca programming.		Open swim 9:00a-2:00p *Open swim is limited during ymca programming.	
Swim Team 5:00p-8:00p	Swim Team 5:00p-8:00p	S'WET 6:05p-6:50p				
		Swim Team 5:30p-8:00p	Swim Team 5:00p-8:00p			



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## Pool Dress Code:

- Shower before you enter the pool
- Proper swim attire must be worn at all times. **Gym shorts, cut-off jeans, cloth and disposable diapers are prohibited.**
- U.S. Coast guard approved lifejackets and wearable foam floatation devices are allowed.

**CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.**

Activities indicated in **BLUE** are instructor-led classes.

**ALL SWIMMERS YOUNGER THAN 15 YEARS OF AGE MUST TAKE A SWIM TEST TO UTILIZE OUR POOLS.**

**The swim test is as follows:** Enter water by sitting and sliding in, performing a back float for 10-20 seconds independently, and swimming the length of the pool consistently and unassisted showing simultaneous arm and leg movement.

**Inclement Weather Policy:** The pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins.

**Summer Day Camp:** Swim times are designated for our Summer Childcare program. Members and guests will not have access to the small pool during this time.

## Age Restrictions for Pool Use

**5 and under** - Must be accompanied in the water arm's length away at all times by an individual 18 years or older.

**12 and younger** - Supervision is recommended (A parent/legal guardian must stay within the building).

**Any red wristband swimmer** - Must be accompanied in the water at all times by an individual 18 years or older, and within arms reach.

**Open Swim** - Children and Adults are allowed to be in the small pool during open swim. Open swim may be moved to a different area of the pool or to the lap pool to accommodate for YMCA programming.

**Swim Lessons** - Open swim, lap swim, an aqua walk may be limited during swim lessons.

**Lap Swim** - During this time, a total of 2 swimmers per lane is permitted. Lap swimmers may swim side by side or utilize the circle swim organizational pattern.

**Aqua Walk** - During this time, a total of 2 swimmers per lane is permitted. Swimmers may swim side by side.

**Power Waves, Aqua Tone & Stretch, & S'WET** - During this time, open swim is not permitted.

## Rules:

- Swimming without a lifeguard is prohibited.
- Patrons must rinse off in the showers on the pool before entering the pool.
- No gym shorts, cut-off jeans, cloth, and disposable diapers are prohibited.
- U.S. Coast guard approved life jackets and wearable foam floatation devices are allowed, and an adult must be within arm's length at all times with red wristband swimmers.
- Children under 15 years must pass a swim test before they are permitted in the pools.
- Enter the water facing forward. Diving, flips, back dives, and jumps are prohibited.
- Running and horseplay of any kind are not permitted on the deck, in the pool, or in the locker rooms.
- Breathe-holding activities in the pool are not permitted.
- Food, candy, gum of any sort, and drinks other than water are not permitted in the pool area.
- No glassware is permitted on the pool deck.
- Hanging on lap lanes, float lines, ladders, and rails is not permitted.
- Do not engage in conversation with the guard on duty.
- The designated seating area for parents and guardians is located where the picnic tables and benches are.
- No patrons should cross staffing areas on both sides of the lap pool that are designated for YMCA employees only.
- Lap swim, open swim, and aqua walk is permitted for members only.

**For more information regarding the schedule, please visit the Aquatic Office.**