



MAY 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

Lap Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 6:00a-9:00a	Lap Swim 6:00a-9:00a	Lap Swim 6:00a-9:00a	Lap Swim 6:00a-9:00a	Lap Swim 6:00a-9:00a	Lap Swim 7:30a-3:30p	Lap Swim 7:30a-3:30p
AquaClass *See below	Aqua Fit *See below	AquaClass *See below	Aqua Fit *See below	AquaClass *See below		
SAW Lessons 10:00a-1:30p	SAW Lessons 10:00a-1:30p	Lap Swim 10:00a-6:00p	SAW Lessons 10:00a-1:30p	SAW Lessons 10:00a-1:30p		
Lap Swim 10:00a-6:00p	Lap Swim 10:00a-6:00p		Lap Swim 10:00a-6:00p	Lap Swim 10:00a-6:00p		
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 5:00p-8:00p	Swim Team 5:00p-8:00p	Swim Team 6:00p-8:00p	Swim Team 5:00p-8:00p	Swim Team 6:00p-8:00p	Swim Lessons 9:00a-1:00p *Lap swim is limited	Swim Lessons 10:10a-12:00p *Lap swim is limited
Lap Swim 7:00p-8:30p	Lap Swim 7:00p-8:30p	Lap Swim 7:00p-8:30p	Lap Swim 7:00p-8:30p	Lap Swim 7:00p-8:30p		

Teaching Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 6:00a–9:00a	Open Swim 6:00a–9:00a	Open Swim 6:00a–9:00a	Open Swim 6:00a–9:00a	Open Swim 6:00a–9:00a	Open Swim 7:30a–3:30a	Open Swim 7:30a–3:30a
AquaClass *See below	Aqua Fit *See below	AquaClass *See below	Aqua Fit *See below	AquaClass *See below	Swim Lessons 9:00a–1:00p *Open swim is limited	
SAW Lessons 10:00a–1:30p	SAW Lessons 10:00a–1:30p	Open Swim 10:00a–8:30p	SAW Lessons 10:00a–1:30p	SAW Lessons 10:00a–1:30p		
Open Swim 1:30p–8:30p	Open Swim 1:30p–8:30p		Open Swim 1:30p–8:30p	Open Swim 1:30p–8:30p		
Swim Lessons 3:45p–6:00p *Open swim is limited	Swim Lessons 3:45p–6:00p *Open swim is limited	Swim Lessons 3:45p–6:00p *Open swim is limited	Swim Lessons 3:45p–6:00p *Open swim is limited		Open Swim 1:30p–8:30p	Swim Lessons 10:10a–12:00p *Open swim is limited

*Aqua Fit/AquaClass Schedule

May 5th–16th 8:30am, May 20th AND May 22nd 8:00am, All other days: 9:05am



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

PLEASE NOTE THAT THE SCHEDULE ABOVE IS SUBJECT TO CHANGE WITH MINIMAL NOTICE DUE TO OPERATIONAL NEEDS OR UNFORESEEN CIRCUMSTANCES.

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. Swimmers will receive either a red, yellow, or green wristband.

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.

Age Restrictions for Pool Use

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 - Includes group and private lessons. Group lessons follow the teaching and lap pool schedule, while private lessons vary throughout the day; during these times, open swim, lap swim, and aqua walk may be limited.

Swim Team - Practices occur Monday-Friday. Lap swim is unavailable from 6:00-7:00pm.

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.

SAW Lessons - 1st graders from UUSD will be utilizing all of small pool and a portion of lap pool. Lap swimming is limited.

Aqua Walk - During this time, a total of 2 swimmers per lane is permitted. Swimmers may walk side by side utilizing the lap swim lanes.

AquaClass, Aqua Fit & AquaSURGE - During this time, open swim is not permitted.

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 flotation devices are allowed.

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 flotation 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,