



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

MOVING PEOPLE FORWARD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30-9 am</u> Lap Swim (6 lanes) <u>9-9:30 am</u> Aqua Strength & Stretch No Rec Swim	<u>5:30-9:30 am</u> Lap Swim (6 lanes) No Rec swim	<u>5:30-9 am</u> Lap Swim (6 lanes) <u>9-9:30</u> Aqua Strength & Stretch (3 lanes) No Rec swim	<u>5:30-9:30 am</u> Lap Swim (6 lanes) No Rec swim	<u>5:30-9 am</u> Lap Swim (6 lanes) <u>9-9:30 am</u> Aqua Strength & Stretch (3 lanes) No Rec swim	<u>7:30 am</u> Lap swim (4 lanes) Recreational swim (2 lanes)	<u>12 pm</u> Lap swim (4 lanes) Recreational swim (2 lanes)
<u>9:30-10:15 am</u> Aqua Aerobics Lap swim (2 lanes)	<u>9:30-10:30 am</u> Men's Group Lap Swim (3 lanes)	<u>9:30-10:15 am</u> Aqua Aerobics Lap swim (2 lanes)	<u>9:30-10:30 am</u> Men's Group Lap Swim (3 lanes)	<u>9:30-10:15 am</u> Aqua Aerobics Lap swim (2 lanes)		
<u>10:15-4 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>10:30-4 pm</u> Lap swim (4 lanes) Recreational swim (2 lanes)	<u>10:15-4 pm</u> Lap swim (4 lanes) Recreational swim (2 lanes)	<u>10:30 -4 pm</u> Lap swim (4 lanes) Recreational swim (2 lanes)	<u>10:15-4:30pm</u> Lap swim (4 lanes) Recreational swim (2 lanes)	<u>7:30 -5 pm</u> Lap swim (4 lanes) Recreational swim (2 lanes)	<u>12 pm-5 pm</u> Lap swim (4 lanes) Recreational swim (2 lanes)
<u>4-4:45 pm</u> Sea Otters <u>4:30 -5:30</u> Swim Team No Rec Swim No Lap Swim <u>5:30-7 pm</u> Swim Lessons No Rec Swim	<u>4-7 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>4-4:45 pm</u> Sea Otters <u>4:30 -5:30</u> Swim Team No Rec Swim No Lap Swim <u>5:30-7 pm</u> Swim Lessons No Rec Swim	<u>4-7 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>4:30 -5:30pm</u> Swim Team No Rec Swim No Lap Swim		
<u>7-9 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>7-9 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>7:30-9 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>7-9 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>5:30-9 pm</u> Lap swim (4 lanes) Recreational Swim (2 lanes)	<u>4:50 pm</u> Pool Closes <u>5 pm</u> YMCA Closes	<u>4:50 pm</u> Pool Closes <u>5 pm</u> YMCA Closes



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YMCA POOL RULES

- All swimmers must shower before entering pool.**
- Proper swim attire must be worn. No cut-offs or tee shirts allowed.
- Swimmers with long hair are requested to wear a swim cap or tie their hair back.
- Obey the Lifeguard at all times.
- No diving, running, or rough play allowed.
- Sitting or hanging on float lines is not allowed.
- No gum, glass bottles, soap, lotion, food or razors in pool area.
- Breath holding activities are prohibited except during supervised instruction.
- If more than 2 swimmers per lane swimmers must circle swim.
- Spitting, blowing of the nose or discharge of bodily waste in the pool or on the deck is prohibited.
- Parents or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of an emergency.
- Children 2 years and younger must wear swim diapers or liners at all times. (Please use changing tables in locker rooms to change your child's suit or diaper.)
- Children 5 years and older must use gender approved locker rooms.
- All non-swimming children 8 years and younger must have a parent or guardian in the pool at arms length. A life jacket is required if the child cannot touch the bottom of the pool.
- All personal floatation devices must be Coast Guard Approved.
- All children 11 and younger must be accompanied by a parent or guardian during recreation swim.
- Individuals under the influence of alcohol or drugs, breaking YMCA rules or perceived to be will be asked to leave the premises.