

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-AQUATIC EXERCISE HOURS
 Starting October 2, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Independent Exercise 7:00am-4:30pm Lane 5-6 *	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 7:00am-8:45pm Lane 6
	Aqua Fit 9:00-10:00am Instructor: Daneen Lanes 3-6	Strength & Stretch 9:00-10:00am Instructor: Daneen Lanes 4-6	Aqua Fit 9:00-10:00am Instructor: Daneen Lanes 3-6	Strength & Stretch 9:00-10:00am Instructor: Daneen Lanes 4-6	Aqua Fit 9:00-10:00am Instructor: Daneen Lanes 3-6	
	Aqua Fit Low 10:00am-11:00pm Instructor: Daneen Lanes 3-6	Aqua Fit 10:00-11:00am Instructor: Daneen Lanes 4-6	Aqua Fit Low 10:00am-11:00pm Instructor: Daneen Lanes 3-6	Aqua Fit 10:00-11:00am Instructor: Daneen Lanes 4-6	Aqua Fit Low 10:00am-11:00pm Instructor: Daneen Lanes 3-6	
	Independent Exercise 11:00am-1:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-1:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-1:00pm Lane 6	Independent Exercise 11:00am-1:00pm Lane 6
		Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6		Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6		
	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 5-6	Aqua Fit 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 5-6	Aqua Fit 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 5-6	
	Independent Exercise 2:15-4:00pm Lane 6	Independent Exercise 2:30-4:00pm Lane 6	Independent Exercise 2:15-4:00pm Lane 6	Independent Exercise 2:30-4:00pm Lane 6	Independent Exercise 2:15-4:00pm Lane 5-6	Independent Exercise 9:00am-4:30pm Lane 5-6*
	Independent Exercise 4:00-4:45pm Lanes 5-6*	Independent Exercise 4:00-6:00pm Lane 5-6*	Independent Exercise 4:00-4:45pm Lanes 5-6*	Independent Exercise 4:00-6:00pm Lane 5-6*	Independent Exercise 4:00-4:45pm Lanes 5-6*	
	Independent Exercise 5:00-8:00pm Lanes 6	Aqua Fit 6:00-7:00pm Instructor: Angela Lanes 4-6	Independent Exercise 5:00-8:00pm Lanes 6	Deep Water Core 6:00-7:00pm Instructor: Marguerite Lanes 4-6	Independent Exercise 5:00-7:30pm Lanes 6	
Independent Exercise 8:00-8:45pm Lanes 5-6*	Independent Exercise 7:00-8:45pm Lanes 5- 6*	Independent Exercise 8:00-8:45pm Lanes 5-6*	Aqua Fit 7:00-8:00pm Instructor: Angela Lanes 4-6			
			Independent Exercise 8:00-8:45pm Lanes 5-6*	Independent Exercise 8:00-8:45pm Lanes 5-6*	Independent Exercise 7:30-8:45pm Lane 5-6*	

- Independent Exercise and Family Swim share space in the lanes at various times scheduled marked with an *.

MAIN POOL-LAP SWIM HOURS

Starting October 2, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Lap Swim 7:00am-4:30pm Lanes 1-4</p>	<p>Lap Swim 5:00-8:45am Lanes 1-5</p>	<p>Lap Swim 5:00-8:45am Lanes 1-5</p>	<p>Lap Swim 5:00-8:45am Lanes 1-5</p>	<p>Lap Swim 5:00-8:45am Lanes 1-5</p>	<p>Lap Swim 5:00-8:45am Lanes 1-5</p>	<p>Lap Swim 7:00-8:45am Lanes 1-5</p>
	<p>Lap Swim 9:00am-11:00am Lanes 1-2</p>	<p>Lap Swim 9:00-11:00am Lanes 1-3</p>	<p>Lap Swim 9:00am-11:00am Lanes 1-2</p>	<p>Lap Swim 9:00-11:00am Lanes 1-3</p>	<p>Lap Swim 9:00am-11:00am Lanes 1-2</p>	
	<p>Lap Swim 11:00am-1:00pm Lanes 1-5</p>	<p>Lap Swim 11:00am-12:15pm Lanes 1-5</p>	<p>Lap Swim 11:00am-1:00pm Lanes 1-5</p>	<p>Lap Swim 11:00am-12:15pm Lanes 1-5</p>	<p>Lap Swim 11:00am-1:00pm Lanes 1-5</p>	
	<p>Lap Swim 1:00-2:15pm Lanes 1-4</p>	<p>Lap Swim 12:30-2:30pm Lanes 1-2</p>	<p>Lap Swim 1:00-2:15pm Lanes 1-4</p>	<p>Lap Swim 12:30-2:30pm Lanes 1-2</p>	<p>Lap Swim 1:00-2:15pm Lanes 1-4</p>	
	<p>Lap Swim 2:15-4:00pm Lanes 2-5</p>		<p>Lap Swim 2:15-4:00pm Lanes 2-5</p>		<p>Lap Swim 2:15-4:00pm Lanes 2-5</p>	
	<p>Lap Swim 4:00-4:45pm Lanes 1-4</p>	<p>Lap Swim 2:30-4:00pm Lanes 3-5</p>	<p>Lap Swim 4:00-4:45pm Lanes 1-4</p>	<p>Lap Swim 2:30-4:00pm Lanes 3-5</p>	<p>Lap Swim 4:00-5:45pm Lanes 1-4</p>	<p>Lap Swim 9:00am-1:00pm Lanes 3-4</p>
	<p>Lap Swim 4:45-8:00pm Lanes 4-5</p>	<p>Lap Swim 4:00-6:00pm Lanes 3-4</p>	<p>Lap Swim 4:45-8:00pm Lanes 4-5</p>	<p>Lap Swim 4:00-6:00pm Lanes 3-4</p>	<p>Lap Swim 6:00-7:30pm Lanes 4-5</p>	
	<p>Lap Swim 8:00-8:45pm Lanes 1-4</p>	<p>Lap Swim 6:00-7:00pm Lanes 2-3</p>	<p>Lap Swim 8:00-8:45pm Lanes 1-4</p>	<p>Lap Swim 6:00-8:00pm Lanes 2-3</p>	<p>Lap Swim 7:45-8:45pm Lanes 1-4</p>	<p>Lap Swim 1:00-4:30pm Lanes 1-4</p>
	<p>Lap Swim 7:00-8:45pm Lanes 1-4</p>	<p>Lap Swim 8:00-8:45pm Lanes 1-4</p>				

- Lap Swim is available for active members, first come first serve, if there are members waiting to swim, please limit time to 60 minutes.
- Follow Lap Lane Etiquette, split or circle swim.
- Children must be able pass a swim test to swim laps. Children ages 6-11 who pass the test must have an adult present on deck. Children ages 12 and older who pass the test may swim independently.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change. Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-SWIM INSTRUCTION & FAMILY SWIM HOURS

Starting October 2, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
Family Swim 7:00am-4:30pm Lanes 5-6*						Swim Lessons 9:00am-1:00pm Lanes 1-2				
	Family Swim 4:00-4:45pm Lanes 5-6*	Family Swim 4:00-5:45pm Lanes 5-6*	Family Swim 4:00-4:45pm Lanes 5-6*	Family Swim 4:00-5:45pm Lanes 5-6*	Family Swim 4:00-5:45pm Lanes 5-6*					
	Swim Team 5:00-8:00pm Lanes 1-3	Swim Lessons 4:00-6:00pm Lanes 1-2	Swim Team 5:00-8:00pm Lanes 1-3	Swim Lessons 4:00-6:00pm Lanes 1-2	Swim Team 6:00-7:30pm Lanes 1-3					
	Family Swim 8:00-8:45pm Lanes 5-6*	Swim Lessons 6:00-7:00pm Lanes 1	Family Swim 8:00-8:45pm Lanes 5-6*	Swim Lessons 6:00-7:00pm Lanes 1	Family Swim 7:45-8:45pm Lanes 5-6*					
		Family Swim 7:00-8:45pm Lanes 5-6*		Family Swim 8:00-8:45pm Lanes 5-6*		Family Swim 9:00am-4:30pm Lanes 5-6*				

- Family Swim is available for active family members, first come first serve, if there are members waiting to swim, please limit time to 30 minutes.
- Children 5 years of age and under, or non-swimmers under posted height requirement, must have an adult (18 years or older) in the water with them.
- Children 6-11 years of age must have an adult in the pool area.
- Independent Exercise and Family Swim share space in the lanes at various times scheduled marked with an *.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change. Prohibited use outside pool hours.

ZERO DEPTH POOL HOURS

Starting October 2, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Swim 9:00am-1:45pm		Independent Water Walking Adults 9:00-9:45am		Independent Water Walking Adults 9:00-9:45am		Swim Lessons 9:00am-12:00pm (pool closed for lessons)
		Family Swim 10:00-10:45am		Family Swim 10:00-10:45am		SAW Homeschool Lessons 9:00am-12:00pm (pool closed for lessons)
Birthday Party 2:00-3:00pm (Pool closed for party)	Family Swim 4:00-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm	Swim Lessons 4:00-5:10pm	Family Swim 4:00-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm	Swim Lessons 4:00-5:10pm	Family Swim 4:00-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm	Birthday Party 2:00-3:00pm (Pool closed for party)
Family Swim 3:15-4:30pm		Family Swim 4:00-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm		Family Swim 4:00-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm		Family Swim 4:00-4:45pm 5:00-5:45pm 6:00-6:45pm 7:00-7:45pm

- Family Swim is available for active family members, first come first serve, if there are members waiting to swim, please limit time to 30 minutes.
- Children 5 years of age and under, or non-swimmers under posted height requirement, must have an adult (18 years or older) in the water with them.
- Children 6-11 years of age must have an adult in the pool area.
- Maximum Capacity 25 in the water. Pool will be cleared of member use each hour for 15 minutes.
- Pool is closed for independent use during weekend Swim Lessons and Birthday Parties.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change. Prohibited use outside pool hours.

SAFE POOLS HAVE RULES

- Swimming permitted only when a YMCA Lifeguard is present on the pool deck.
- Please adhere to the authority of the YMCA Lifeguards on duty.
- Prohibited use outside of pool hours.
- Please circle swim when there are more than two swimmers to a lane.
- Age Requirements of the Pool:
 - NON-SWIMMERS
 - Children 5 years of age and under, or non-swimmers under posted height requirement, must have an adult (18 years or older) in the water with them.
 - SWIMMERS
 - Children 6-11 years of age must have an adult in the pool area.
 - Children 12 years of age or older may swim independently.
- Adults must stay in water below chest deep when accompanying a non-swimming child.
- Swimmers must pass a swim test to swim in water that is over chest deep.
- Swim Test Policy:
 - 25yard Swim: Participant must proficiently swim one full length of the pool, no breaks.
 - Treading Water: Participant must tread water successfully for 30 seconds without touching the bottom, no breaks.
 - Jumping: Participant must jump into water deep enough to fully submerge body and swim back to surface.There is no specific depth requirement.
- Underwater breath-holding competition is strictly forbidden.
- Swimmers may not hang, sit, climb, or lay on the lane lines, dividing ropes, hand rails, or ladders.
- Children not toilet trained must wear a swim diaper.
- Patrons that have open sores or who are carriers of any communicable disease are not allowed to use the aquatic facilities.
- Pollution of swimming pool prohibited. Urinating, defecating, spitting, or blowing your nose in the pool is not allowed.
- Gum, food, and glass are prohibited in the pool area.
- ONLY Coast Guard approved Personal Floatation Devices may be used.
- Use of starting block is prohibited except during swim competitive swimming or swimmer-training activities.
- Diving is only permitted in the deep water, during swim lessons under the supervision of a qualified YMCA Swim Instructor, or in designated areas or the Lap Pool.
- No diving is allowed in shallow water or in the Zero Depth Entry Pool.
- Emergency telephones are located on the pool deck by the main pool entrance and in the Aquatics Directors Office.