



# MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> Lanes 1-3 6:00-6:45AM 7:00-7:45AM 8:00-8:45AM		<b>Lap Swim</b> Lanes 1-3 6:00-6:45AM 7:00-7:45AM 8:00-8:45AM		<b>Lap Swim</b> Lanes 1-3  6:00-6:45AM 7:00-7:45AM 8:00-8:45AM 9:00-9:45AM	
<b>Water Ball</b> Independent Exercise 9:00-9:45AM	<b>Lap Swim</b> Lanes 1-3 8:00-8:45AM 9:00-9:45AM	<b>Water Ball</b> Independent Exercise 9:00-9:45AM	<b>Lap Swim</b> Lanes 1-3 8:00-8:45AM 9:00-9:45AM		<b>Lap Swim</b> Lanes 1-3  9:00-9:45AM 10:00-10:45AM 11:00-11:45AM
<b>Water Walking</b> Independent Exercise 10:00-10:45AM	<b>Aqua Fit</b> Instructor: Nick 10:00-10:45AM	<b>Water Walking</b> Independent Exercise 10:00-10:45AM	<b>Aqua Fit</b> Instructor: Nick 10:00-10:45AM	<b>Water Ball</b> Independent Exercise 10:00-10:45AM	
<b>Safety Around Water</b>  4:00-4:45PM					
<b>Swim Lessons</b>  <b>STAGE 2</b> 5:00-5:45PM  <b>STAGE 3</b> 6:00-6:45PM  <b>STAGE 4</b> 7:00-7:45PM	<b>Open Swim</b> Lane 1  <b>Family Swim</b> Lanes 2-3  5:00-5:45PM  <b>Aqua Fit</b> Instructor: Ann 6:00-6:45PM 7:00-7:45PM	<b>Lap/Family Swim</b>  4:00-4:45PM 5:00-5:45PM 6:00-6:45PM 7:00-7:45PM	<b>Open Swim</b> Lane 1  <b>Family Swim</b> Lanes 2-3  5:00-5:45PM  <b>Aqua Fit</b> Instructor: Ann 6:00-6:45PM 7:00-7:45PM		<b>Open Swim</b> Lane 1  <b>Family Swim</b> Lanes 2-3  12:00-12:45PM 1:00-1:45PM 2:00-2:45PM

- Lap swim lanes are available for active members, age 18+, first come first serve, no reservation required, sessions are 45 min starting on the hour.
- Split Lanes are available for more than 1 person to share the lane, decide what way to use the lane together.
- Open Swim is available for independent exercise for members 18+, maximum of 4 people per lane.
- Family Swim is available for active family members, no reservation required.
- Safe Pool Rules available on back of schedule.
- Schedule is subject to change.

# 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.
- Please shower before entering the pool.
- 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 (who pass swim test)
    - 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 under the age of three must wear a swim diaper or 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.
- Water wings (inflatable flotation devices) are not permitted.
- ONLY Coast Guard approved Personal Flotation Devices may be used.
- Diving may only be permitted in the deep water, during swim lessons under the supervision of a qualified YMCA Swim Instructor, or in designated areas.
- No diving is allowed in shallow water.
- Emergency telephones are located on the pool deck by the main pool entrance.
- Maximum capacity of the pool is 40.