

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-AQUATIC EXERCISE HOURS
 Starting April 30, 2023



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 7:00-8:00am 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	Deep Water Core 8:00-9:00am Rotating Instructors Lane 5-6
		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 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 9:00am-4:30pm Lane 5-6*	
	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 April 30, 2023



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 7:00-8:00am 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-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 8:00-9:00am Lanes 2-4</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 4:00-5:45pm 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 4:00-5:45pm Lanes 1-4</p>	<p>Lap Swim 2:30-4:00pm Lanes 3-5</p>	<p>Lap Swim 4:00-5:00pm Lanes 1-4</p>	<p>Lap Swim 9:00am-1:00pm Lanes 3-4</p>
	<p>Lap Swim 5:45-7:00pm Lanes 3-5</p>	<p>Lap Swim 4:00-6:00pm Lanes 3-4</p>	<p>Lap Swim 5:45-7:00pm Lanes 3-5</p>	<p>Lap Swim 5:45-7:00pm Lanes 3-5</p>	<p>Lap Swim 4:00-6:00pm Lanes 3-4</p>	<p>Lap Swim 5:00-7:30pm Lanes 2-5</p>	
	<p>Lap Swim 7:00-8:45pm Lanes 1-4</p>	<p>Lap Swim 6:00-7:00pm Lanes 2-3</p>	<p>Lap Swim 7:00-8:45pm Lanes 1-4</p>	<p>Lap Swim 7:00-8:45pm Lanes 1-4</p>	<p>Lap Swim 6:00-8:00pm Lanes 2-3</p>	<p>Lap Swim 8:00-8:45pm 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 April 30, 2023



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

INDEPENDENT HEALTH FAMILY BRANCH YMCA

ZERO DEPTH POOL HOURS

Starting April 30, 2023



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	SAW Homeschool Lessons 9:00am-12:00pm (Pool closed for lessons)	Swim Lessons 9:00am-12:00pm (Pool closed for lessons)
		Family Swim 10:00-10:45am	SAW Lessons 10:00am-11:15am (Pool closed for lessons)	Family Swim 10:00-10:45am		Family Swim 12:00-1:45pm
			Adaptive Open Swim 11:15am-12:00pm			
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 3:15-4:30pm

- **ADAPTIVE OPEN SWIM: An open swim period for individuals of all abilities, including physical, mental, and emotional disabilities.**
- 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 is 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 in 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, handrails, or ladders.
- Children who are 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 pools 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 the starting block is prohibited except during swimming 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.