

**INDEPENDENT HEALTH FAMILY BRANCH YMCA**  
**MAIN POOL-AQUATIC EXERCISE HOURS**  
 Starting November 6, 2023



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

- Independent Exercise and Family Swim share space in the lanes at various times scheduled marked with an \*.
- Schedule is subject to change. Prohibited use outside pool hours.

**MAIN POOL-LAP SWIM HOURS**

Starting November 6, 2023



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

- 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 November 6, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Swim</b> 7:00-9:00am Lanes 5-6*						<b>Swim Lessons</b> 8:00-9:00am Lanes 1
<b>Swim Lessons</b> 9:00am-12:00pm Lanes 1						
<b>Family Swim</b> 11:00am-5:30pm Lanes 5-6*	<b>Swim Lessons</b> 2:30-4:00pm Lanes 1		<b>Swim Lessons</b> 2:30-4:00pm Lanes 1			<b>Swim Lessons</b> 9:00am-1:00pm Lanes 1-2
	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	<b>Family Swim</b> 2:30-4:00pm Lanes 5-6*	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	<b>Family Swim</b> 2:30-4:00pm Lanes 5-6*	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	
		<b>Family Swim</b> 4:00-5:45pm Lanes 5-6*		<b>Family Swim</b> 4:00-5:45pm Lanes 5-6*		
	<b>Swim Team</b> 6:00-8:00pm Lanes 1-3	<b>Swim Lessons</b> 4:00-6:00pm Lanes 1-2	<b>Swim Team</b> 6:00-8:00pm Lanes 1-3	<b>Swim Lessons</b> 4:00-6:00pm Lanes 1-2	<b>Swim Team</b> 6:00-8:00pm Lane 1-3	
	<b>Family Swim</b> 8:00-8:45pm Lanes 5-6*	<b>Swim Lessons</b> 6:00-7:00pm Lanes 1	<b>Family Swim</b> 8:00-8:45pm Lanes 5-6*	<b>Swim Lessons</b> 6:00-7:00pm Lanes 1	<b>Family Swim</b> 8:00-8:45pm Lanes 5-6*	
	<b>Family Swim</b> 7:00-8:45pm Lanes 5-6*		<b>Family Swim</b> 7:00-8:45pm Lanes 5-6*		<b>Family Swim</b> 9:00am-5:30pm 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.

INDEPENDENT HEALTH FAMILY BRANCH YMCA

**ZERO DEPTH POOL HOURS**

Starting November 6, 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Swim</b> 9:00am-1:45pm	<b>Family Swim</b> 10:00-11:00am	<b>Independent Water Walking</b> Adults 9:00-10:00am	<b>Family Swim</b> 10:00-11:00am	<b>Independent Water Walking</b> Adults 9:00-10:00am	<b>Family Swim</b> 10:00-11:00am	<b>Swim Lessons</b> 9:00am-12:00pm (Pool closed for lessons)
		<b>Family Swim</b> 10:00-11:00am		<b>Family Swim</b> 10:00-11:00am		<b>Family Swim</b> 12:00-1:45pm
<b>Birthday Party</b> 2:00-3:00pm (Pool closed for party)	<b>Family Swim</b> 4:00-8:00pm	<b>Swim Lessons</b> 4:00-6:00pm	<b>Family Swim</b> 4:00-8:00pm	<b>Swim Lessons</b> 4:00-6:00pm	<b>Family Swim</b> 4:00-8:00pm	<b>Birthday Party</b> 2:00-3:00pm (Pool closed for party)
<b>Family Swim</b> 3:15-5:30pm		<b>Family Swim</b> 4:00-8:00pm		<b>Family Swim</b> 4:00-8:00pm		<b>Family Swim</b> 3:15-5:30pm

- 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.
- 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.
- Prohibited use outside of pool hours.
- Please adhere to the authority of the YMCA Lifeguards on duty.
- Please circle swim when there are more than two swimmers in a lane.
- Age Requirements of the Pool:
  - Children 5 years of age and under must have an adult (18 years or older) in the water with them.
- NON-SWIMMERS
  - Children who are non-swimmers (unable to pass swim test) and/or 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 who meet the posted height requirement and passed swim test.
  - Children 12 years of age or older may swim independently who passed swim test.
- 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.