

**KEN-TON FAMILY YMCA**  
**POOL SCHEDULE**  
**NOVEMBER 2023**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 6:00-6:45am 7:00-7:45am 8:00-8:45am	<b>Lap Swim</b> 6:00-6:45am 7:00-7:45am 8:00-8:45am	<b>Lap Swim</b> 6:00-6:45am 7:00-7:45am 8:00-8:45am	<b>Lap Swim</b> 6:00-6:45am 7:00-7:45am 8:00-8:45am	<b>Lap Swim</b> 6:00-6:45am 7:00-7:45am 8:00-8:45am 9:00-9:45am 10:00-10:45am	<b>Aqua Cycle</b> 9:00-9:45am Instructor: Melissa
<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Instructor: Janice	<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Instructor: Kathy	<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Instructor: Janice	<b>Aqua Fit</b> 9:00-9:45am 10:00-10:45am Instructor: Kathy		
<b>Strength &amp; Stretch</b> 11:00-11:45am Instructor: Sandy	<b>Adaptive Open Swim</b> 11:00-11:45am	<b>Strength &amp; Stretch</b> 11:00-11:45am Instructor: Sandy	<b>Adaptive Open Swim</b> 11:00-11:45am	<b>Strength &amp; Stretch</b> 11:00-11:45am Instructor: Sandy	<b>Lap Swim</b> Lanes 1-2 <b>Open/Family Swim</b> Lanes 3-4 10:00-10:45am 11:00-11:45am 12:00-12:45pm
<b>Lap Swim</b> 4:00-4:45pm 5:00-5:45pm	<b>Lap Swim</b> -Lanes 1-2 <b>Swim Lessons</b> -Lane 3 <b>Independent Exercise</b> -Lane 4 4:00-4:45pm	<b>Lap Swim</b> 4:00-4:45pm 5:00-5:45pm	<b>Lap Swim</b> -Lanes 1-2 <b>Swim Lessons</b> -Lane 3 <b>Independent Exercise</b> -Lane 4 4:00-4:45pm	<b>Lap Swim</b> 4:00-4:45pm 5:00-5:45pm	
<b>Aqua Cycle</b> 6:00-6:45pm Instructor: Allison	<b>Aqua Fit</b> 5:00-5:45pm Instructor: Cyd	<b>Aqua Cycle</b> 6:00-6:45pm Instructor: Melissa	<b>Aqua Fit</b> 5:00-5:45pm Instructor: Cyd	<b>Lap Swim</b> Lanes 1-2 <b>Open/Family Swim</b> Lanes 3-4 6:00-6:45PM 7:00-7:45PM	
	<b>Swim Team</b> 6:00PM-7:45pm	<b>Lap Swim</b> Lanes 1-2 <b>Open/Family Swim</b> Lanes 3-4 7:00-7:45pm	<b>Swim Team</b> 6:00PM-7:45pm		
<b>Lap Swim</b> 7:00-7:45pm	<b>Swim Lessons</b> 6:00-7:45PM		<b>Swim Lessons</b> 6:00-7:45PM		

- Lap swim lanes are available for active members, first come first serve, sessions are 45 min starting on the hour.
- Follow Lap Lane Etiquette, split or circle swim.
- Open Swim is available for independent exercise and shares space with Family Swim.
- Aquatic Group Exercise is available for active members, first come first serve, sign in at the Welcome Desk upon arrival. Space limited.
- Family Swim is available for active family members, first come first serve.
- Safe Pool Rules available on back of schedule.
- Swimming permitted only when a YMCA Lifeguard is present on the pool deck.
- 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 behind the guard stand.
- Children 14 years or under may use lap lanes, for lap swimming, only if properly swim tested with a certified YMCA Lifeguard.