



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|
| Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am | Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am | Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am | Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am | Lap Swim 6:00-6:50am 7:00-7:45am 8:00-8:45am 9:00-9:45am 10:00-10:45am | Lap Swim-Lanes 1-2 Open/Family Swim-Lanes 3-4 8:00-8:50am |
| Aqua Fit 9:00-9:45am 10:00-10:45am Instructor: Janice | Aqua Fit 9:00-9:45am 10:00-10:45am Instructor: Kathy | Aqua Fit 9:00-9:45am 10:00-10:45am Instructor: Janice | Aqua Fit 9:00-9:45am 10:00-10:45am Instructor: Kathy | | |
| Strength & Stretch 11:30am-12:15pm 12:30pm-1:15pm Instructor: Sandy | Adaptive Open Swim Lap Swim 11:25-12:00pm | Strength & Stretch 11:30am-12:15pm Instructor: Sandy | Adaptive Open Swim Lap Swim 11:25-12:00pm | Strength & Stretch 11:30am-12:15pm 12:30pm-1:15pm Instructor: Sandy | Aqua Cycle 9:00-9:45am Instructor: Rebecca |
| | Aqua Cardio 12:00-12:45pm | | Aqua Cardio 12:00-12:45pm | | |
| Lap Swim-Lanes 1-3 Open/Family Swim-Lane 4 4:00-4:45pm | Lap Swim-Lane 1-2 Adaptive Swim Lessons - lanes 3-4 1:00-2:00pm | Lap Swim-Lanes 1-3 Open/Family Swim-Lane 4 4:00-4:45pm | Lap Swim-Lanes 1-2 Open/Family Swim-Lanes 3-4 4:00-4:45pm | Lap Swim-Lanes 1-3 4:00-4:45pm 5:00-5:45pm Swim Lessons-Lane 4 4:00-4:45pm | Lap Swim-Lanes 1-2 Open/Family Swim-Lanes 3-4 9:00-9:50am 10:00-10:45am 11:00-11:45am 12:00-12:45pm |
| Lap Swim-Lanes 1-2 Open/Family Swim-Lane 3-4 5:00-6:15pm | Lap Swim-Lanes 1-2 Open/Family Swim-Lane 4 Swim Lessons-Lanes 3 3:50-5:00pm | Lap Swim-Lanes 1-2 Open/Family Swim-Lanes 3-4 5:00-6:15pm | | | |
| Aqua Cycle 6:30-7:15pm Instructor: Rebecca | Aqua Fit 5:00-5:45pm Instructor: Cyd | Aqua Cycle 6:30-7:15pm Instructor: Jonah | Aqua Fit 5:00-5:45pm Instructor: Cyd | Lap Swim-Lane 1-2 Family Swim-Lane 3-4 6:00-6:45PM 7:00-7:45PM | *Please call ahead to confirm pool availability. Birthday parties may be scheduled for 11:00am-12:00pm. |
| Lap Swim-Lane 1-2 Family Swim-Lane 3-4 7:15-7:45pm | Swim Team-Lanes 1-2 Swim Lessons-Lanes 3-4 6:00PM-7:45pm | Lap Swim-Lane 1-2 Family Swim-Lane 3-4 7:15-7:45pm | Swim Team-Lanes 1-2 Swim Lessons-Lanes 3-4 6:00-7:45PM | | |

- Adaptive Open Swim: An open swim period for individuals of all abilities, including physical, mental, and emotional disabilities.
- 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. Prohibited use outside of pool hours. Schedule is subject to change.

SAFE POOLS HAVE RULES

- Swimming 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 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.