



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 6:00–6:50am 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> 6:00–6:50am 7:00–7:45am 8:00–8:45am	<b>Lap Swim</b> 6:00–6:50am 7:00–7:45am 8:00–8:45am	<b>Lap Swim</b> 6:00–6:50am 7:00–7:45am 8:00–8:45am 9:00–9:45am 10:00–10:45am	<b>Lap Swim</b> 8:00–8:45am
<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Janice	<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Kathy	<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Janice	<b>Aqua Fit</b> 9:00–9:45am 10:00–10:45am Kathy		
<b>Strength &amp; Stretch</b> 11:00–11:45pm 12:00–12:45pm Sandy	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lane 3-4</b> 11:00–11:45pm 12:00–12:45pm	<b>Aquatic Arthritis</b> 11:00–11:45am <b>Strength &amp; Stretch</b> 12:00pm–12:45pm Sandy	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lane 3-4</b> 11:00–11:45pm 12:00–12:45pm	<b>Strength &amp; Stretch</b> 11:00–11:45pm 12:00–12:45pm Sandy	<b>Aqua Cycle</b> 9:00–9:45am Rebecca
<b>Lap Swim-Lanes 1–2</b> <b>Open Swim-Lanes 3–4</b> 1:00-1:45pm 2:00-2:45pm 3:00–3:45pm 4:00–4:45pm		<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lane 3</b> <b>Swim Lessons— Lane 4</b> 5:00–6:15pm <b>Swim Lessons—Deep End</b> 6:30–7:00pm	<b>Lap Swim-Lanes 1–2</b> <b>Open Swim-Lanes 3–4</b> 1:00-1:45pm 2:00-2:45pm 3:00–3:45pm 4:00–4:45pm 5:00-6:15pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lane 3-4</b> 4:00–4:45pm	<b>Lap Swim-Lanes 1–2</b> <b>Open Swim-Lanes 3–4</b> 1:00-1:45pm 2:00-2:45pm 3:00–3:45pm 4:00–4:45pm
<b>Aqua Cycle</b> 6:30–7:15pm Rebecca	<b>Aqua Fit</b> 5:00–5:45pm Cyd	<b>Aqua Cycle</b> 6:30–7:15pm Rebecca	<b>Aqua Fit</b> 5:00–5:45pm Cyd	<b>Lap Swim—Lanes 1–2</b> <b>Swim Lessons—Lanes 3–4</b> 5:00-6:30pm	<b>*Please call ahead to confirm pool availability.</b> <b>Birthday parties may be scheduled for 11:00–12:00pm</b>
<b>Lap Swim—Lanes 1–2</b> <b>Open/Family Swim—Lanes 3–4</b> 7:15–7:45pm	<b>Swim Lessons—Lanes 3–4</b> 6:15–7:35pm <b>Lap Swim—Lanes 1–2</b> 6:00–6:45pm 7:00–7:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3–4</b> 7:15–7:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Swim Lessons—Lanes 3–4</b> 6:00–7:45pm	<b>Lap Swim—Lanes 1–2</b> <b>Open Swim—Lanes 3–4</b> 6:45-7:45pm	

- POOL WILL CLOSE WEDNESDAY DECEMBER 11<sup>TH</sup> 4PM – 6PM FOR AQUATIC TRAININGS
- 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.
- 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.