



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FRY YMCA WINTER BREAK POOL SCHEDULE (Dec. 23-Jan 7)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:00-8:00a Lap Swim			5:00-8:00a Lap Swim + Specialty Class (min 4 lanes)	 7:00-10:00a* Lap Swim + Specialty Class (min 4 lanes)
		8:00-11:00a Lap Swim + Specialty Classes				
		11:00-2:00p Lap & OPEN SWIM + Specialty Classes			8:00-7:45p* Open & Lap Swim + Specialty  * see special schedules hours below	10:00-7:45p* Open & Lap Swim + Specialty  * see special schedules hours below
		3:00-5:00p Lap & Open + Specialty Classes <b>(NO OPEN SWIM on 12/26, 12/28, 1/3, and 1/5)</b>				
		5:00-9:00p Lap & Open + Specialty Classes			<b>Special Schedules:</b>  <b>Christmas Eve (Sun): 7:00a-2:00p</b> <b>Christmas Day (Mon): CLOSED</b> <b>New Years Eve (Sat): 7:00a-4:00p</b> <b>New Years Day (Sun): 10:00a-3:00p</b>  <b>Notes:</b> <b>2018 Swim Testing begins: 1/1/18</b> <b>NEW SWIM LESSONS: 1/8/2018</b>	
		9:00-9:45p Adult ONLY Lap Swim				

Schedules are subject to change. Daily changes without notice are possible, we will make every effort to inform members.

Divina should not take place in depths less than 7 feet.  
Familiarize yourself with ALL pool rules and regulations posted in the pool area.

Please remember our lifeguard staff is here for your safety and to help prevent accidents.  
Please respect their responsibility and abide by any additional instructions provided.

### DEFINITIONS

<b>LAP SWIM</b>	• All swimmers must swim laps when swimming in Lap Swim Lanes. • Swimmers should choose lap lanes based on speed determination signs. When more than 2 swimmers are in a lane, swimmers should swim in a circular pattern (staying on the right at all times). • <b>At times when only one or two lap lanes are available, lap lanes will be reserved for adults only.</b> • All swimmers under 16 must follow the swim test guidelines.
<b>OPEN SWIM</b>	Please refer to Deep Water Swim Tests and Pool Supervision guidelines.
<b>SWIM LESSONS</b>	Group & Private Lessons are available for members & community participants for an additional fee, members receive preferred pricing and early registration. Refer to our website or program catalog for schedules and pricing. Private Lessons are scheduled throughout the day and use reserved lanes or Open Swim areas. <b>Swim Lessons (group and private lessons) are only allowed to be conducted by current YMCA employees with department head approval.</b>
<b>SPECIALTY PROGRAMS</b>	Refer to the Water Fitness Schedule for all available water fitness classes and descriptions. Swim Lessons (group and private lessons) are only allowed to be conducted by current YMCA employees with department head approval.
<b>MASTERS SWIMMING</b>	Masters Swimming is our swim group for adult members 18+. This program provides swimmers with coached practices and Masters-only lap lanes. Practices are designed to help swimmers maintain or improve their overall swimming fitness level. This is not a swim lesson, but stroke technique and efficiency are built into practices. All swimmers must be able to swim at least 4 lengths of the pool continuously of freestyle with rhythmic breathing. <b>Contact the Aquatics Director at eleibovitz@ymcachicago.org for more information.</b>

### DEEP WATER SWIM TEST & POOL SUPERVISION GUIDELINES

<b>DEEP WATER SWIM TEST GUIDELINES</b>	For the safety of our members and guests, all children under the age of 16 must successfully pass a deep water swim test before they are allowed to swim in deep water.	
	Children that do not pass the swim test are not allowed in the deep end of the pool (even when accompanied by a caregiver). They must always be within arm's length of an actively involved caregiver who is in the water with the child or be wearing a properly fitted US Coast Guard-approved lifejacket.	
	If the child can stand with their entire head and chin out of the water at any spot of the shallow area, a flotation device or caregiver involvement is not required.	
	<b>Swim Test Frequency:</b> Swim tests will be administered the first time a child visits the pool & records will be kept on file until the following January. Prior to entering the water, all children under the age of 16 will need to check in with the lifeguards for a wristband. <b>If lifeguards are concerned about swimming ability, additional testing will be administered and records may be adjusted to reflect child's current swimming ability.</b>	<b>Swim Test Times:</b> Swim testing is available during all "Open Swim" times, if all on-duty lifeguards are not engaged in pool surveillance.
<b>POOL SUPERVISION GUIDELINES FOR CHILDREN (updated Fall 2016)</b>	<b>Ages 7 and under</b>	Must have an actively engaged adult in the water within arm's reach at all times, regardless of swimming ability or presence of a lifejacket.
	<b>Ages 8-10</b>	Must have a designated caregiver supervising in the pool area. Beginner swimmers, unable to pass the swim test, must have an actively engaged adult within arm's reach at all times.
	<b>Ages 11-16</b>	May be in the pool area without a supervising adult, but must follow the swim test guidelines outlined above.