



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Fry Family YMCA Pool Schedule

Fall 2017 (September 5 - December 24)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-9:00a Lap Swim + Specialty Programs (min 4 lap lanes) (water fitness classes are listed on the group exercise schedule)					5:00-8:00a Lap Swim + Specialty (min 4 lanes)	Updated: 8/30/2017 7:00-9:00a Lap Swim (min 4 lanes)
9:00-11:00p Swim Lessons, Lap Swim + Specialty Classes (min 3 lap lanes)					8:00-1:00p Swim Lessons & Specialty (min 1 adult lap lane)	9:00-3:45p Swim Lessons + Specialty Classes (min 1 adult lap lane)
11:00-2:00p Lessons, Lap + Specialty Programs (min 3 lap lanes)	11:00-12:15p Lap + Specialty (3 adult lap lanes)	11:00-12:30p Swim Lessons & Specialty Programs (min 2 lap lanes)	11:00-12:15p Lap + Specialty (3 adult lap lanes)	11:00-4:45p Open & Lap + Specialty (min 3 lap lanes)		
2:00-4:45p Open & Lap + Specialty (min 3 lap lanes)	12:15-4:45p Open & Lap + Specialty (min 3 lap lanes)	12:30-4:45p Open & Lap + Specialty (min 3 lap lanes)	12:15-4:45p Open & Lap + Specialty (min 3 lap lanes)		1:00-7:45p Open & Lap Swim + Specialty (min 3 lap lanes)	3:45-7:45p Open & Lap Swim + Specialty (min 2 lap lanes)
4:45-7:30p Swim Lessons (MINIMUM 1 ADULT LAP LANE)				4:45-6:30p Swim Lessons (min 1 adult lap lane)		
7:30-9:00p Open & Lap + Special Classes (min 2 lap lanes)	7:30-9:00p Open Swim & Lap + Swim Team (min 1 lap lane)	7:30-9:00p Open & Lap + Special Classes (min 2 lap lanes)	7:30-9:00p Open Swim & Lap + Swim Team (min 1 lap lane)	6:30-9:00p Family Swim & Lap + Special Classes (min 3 lap lanes)	IMPORTANT NOTES: Join our team! We are hiring Lifeguards and Swim Instructors! Fall 1: 9/5-10/30 Fall 2: 10/31-12/22 (no classes Nov.22-26)	
9:00-9:45p Adult Lap Swim and Swim Team (min 4 lap lanes)						

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

Diving 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

LAP SWIM	<ul style="list-style-type: none"> 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). At times when only one or two lap lanes are available, lap lanes will be reserved for adults only. All swimmers under 16 must follow the swim test guidelines.
FAMILY SWIM	Children Under 16 years old must be accompanied by an adult IN the swimming pool.
OPEN SWIM	Please refer to Deep Water Swim Tests and Pool Supervision guidelines below.
SWIM LESSONS	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. Swim Lessons (group and private lessons) are only allowed to be conducted by current YMCA employees with department head approval.
SPECIALTY PROGRAMS	Refer to the Group Fitness Schedule for all available water fitness classes and descriptions. Private Lessons can be requested through FryAquatics@ymcachicago.org
MASTERS SWIMMING	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. Contact FryAquatics@ymcachicago.org for more information.

DEEP WATER SWIM TEST & POOL SUPERVISION GUIDELINES

DEEP WATER SWIM TEST GUIDELINES	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 floatation device or caregiver involvement is not required.	
	Swim Test Frequency: 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. If lifeguards are concerned about swimming ability, additional testing will be administered and records may be adjusted to reflect child's current swimming ability.	Swim Test Times: Swim testing is available during all "Open Swim" times, if all on-duty lifeguards are not engaged in pool surveillance.
POOL SUPERVISION GUIDELINES FOR CHILDREN	Ages 7 and under	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.
	Ages 8-10	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.
	Ages 11-16	May be in the pool area without a supervising adult, but must follow the swim test guidelines outlined above.