



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Fry Family YMCA Pool Schedule

Summer 2017 (June 7 - August 20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:00-9:00a</b> <b>Lap Swim + Specialty Classes</b> (min 4 lap lanes)					5:00-8:00a <b>Lap Swim</b> (min 4 lanes)	<b>UPDATED: 5/20/2017</b>  7:00-9:00a <b>Lap Swim</b> (min 4 lanes)
					<b>9:00-12:15p</b> <b>Swim Lessons, Lap Swim + Specialty Classes</b> (min 2 Adult Only lap lanes)	
12:15-1:45p <b>Open, Lap + Specialty Classes</b> (min 3 lap lanes)	12:15-1:45p <b>Lap + Specialty</b> (2 adult lap lanes)	12:15-2:00p <b>Open, Lap + Specialty Classes</b> (min 3 lap lanes)	12:15-4:00p <b>Open, Lap + Camp + Specialty</b> (min 2 lap lanes)	11:30-2:00p <b>Open &amp; Lap + Specialty</b> (min 3 lap lanes)	12:00-6:45p <b>Open &amp; Lap Swim + Specialty</b> (min 3 lap lanes)	
1:45-4:00p <b>ONLY Lap + Camp</b> (min 2 lap lanes) <b>NO OPEN SWIM</b>	1:45-4:00p <b>ONLY Lap + Camp</b> (min 2 lap lanes) <b>NO OPEN SWIM</b>	2:00-4:00p <b>Lap + Camp</b> (min 2 lap lanes) <b>NO OPEN SWIM</b>		2:00-4:00p <b>Lap + Camp</b> (min 2 lap lanes) <b>NO OPEN SWIM</b>		
<b>4:00-4:30p Open, Lap Swim + Specialty Classes</b>						
4:30-7:15p <b>Swim Lessons</b> (min 1 ADULT lap lanes)	4:30-6:30p <b>Swim Lessons</b> (min 1 ADULT lap lane)	4:30-7:15p <b>Swim Lessons</b> (min 1 ADULT lap lanes)	4:30-6:30p <b>Swim Lessons</b> (min 1 ADULT lap lane)	4:30-6:45p <b>Swim Lessons</b> (min 1 ADULT lap lane)	<b>The pool and spa area closes 15 minutes before the building closes.</b>  <b>DON'T FORGET TO REGISTER FOR SWIM LESSONS! Ages 6mo-Adult!</b>	
7:15-8:45p <b>Open &amp; Lap + Special Classes</b> (min 3 lap lanes)	6:30-8:45p <b>Open &amp; Lap + Special Classes</b> (min 3 lap lanes)	7:15-8:45p <b>Open &amp; Lap + Special Classes</b> (min 3 lap lanes)	6:30-8:45p <b>Open &amp; Lap + Special Classes</b> (min 3 lap lanes)	6:45-8:45p <b>FAMILY OPEN + LAP SWIM</b> (min 3 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, respect their responsibility & abide by any additional instructions provided.

## PROGRAM DEFINITIONS

<b>LAP SWIM</b>	<ul style="list-style-type: none"> <li>All swimmers must swim laps when swimming in Lap Swim Lanes.</li> <li>When more than 2 swimmers are in a lane, swimmers should swim in a circular pattern (staying on the right at all times).</li> <li>At times when only one or two lap lanes are available, lap lanes will be reserved for adults only.</li> <li>At times when only one or two lap lanes are available, only full laps may be swum. Water Exercise and half lap swimming should be reserved for open swim time or times when more lanes are available.</li> <li>All swimmers under 16 must follow the swim test guidelines.</li> </ul>
<b>FAMILY SWIM</b>	Children Under 16 years old must be accompanied by an adult IN the swimming pool.
<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 & non-members 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) are only allowed to be conducted by current YMCA employees with department head approval.</b>
<b>SPECIALTY CLASSES</b>	Refer to the Water Fitness Schedule for all available water fitness classes and descriptions. Private Lessons are available through the Aquatics Department, requests must be submitted through <a href="http://tiny.cc/fryyprivateswim">http://tiny.cc/fryyprivateswim</a>
<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 <a href="mailto:fryaquatics@ymcachicago.org">fryaquatics@ymcachicago.org</a> 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 with a parent); they must always be within arm's length of an actively involved adult caregiver who is in the water with the child; or be wearing a properly fitted USCG-approved personal flotation device (PFD). If the child can stand with their entire head and chin out of the water in the entire shallow area, a floatation 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. If lifeguards are concerned about swimming ability, additional testing will be administered.
<b>POOL SUPERVISION GUIDELINES FOR CHILDREN</b>	<b>Ages 11-16</b> May be in the pool area without a supervising adult, but swimmers must follow the swim test guidelines outlined above.
	<b>Ages 6-10</b> Must have an adult (18+) supervising them in the pool area. <b>Beginner swimmers, unable to pass the swim test, must have an actively engaged adult within arm's reach at all times.</b> All swimmers must follow the swim test guidelines.
	<b>Under 6</b> Must have an actively engaged adult (18+) in the water within arm's reach at all times regardless of swimming ability. All swimmers must follow the swim test guidelines.