

Hastings Lake YMCA Pool Schedule (October 29 - December 23)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
5:00-5:30AM								5:00-5:30AM
5:30-6:00AM								5:30-6:00AM
6:00-6:30AM								6:00-6:30AM
6:30-7:00AM								6:30-7:00AM
7:00-7:30AM								7:00-7:30AM
7:30-8:00AM								7:30-8:00AM
8:00-8:30AM								8:00-8:30AM
8:30-9:00AM		Water Fit	Water Fit		Water Fit	Dig Deep		8:30-9:00AM
9:00-9:30AM		8:45 to 11:20	8:45- 9:15	Swim Lesson	8:30 to 9:15	Swim Lesson	Swim Lesson	9:00-9:30AM
9:30-10:00AM						Water Fit	Swim Lesson	9:30-10:00AM
10:00-10:30AM				Water Fit		9:45 to 11:20	8:35 to 11:10	10:00-10:30AM
10:30-11:00AM				9:45 - 11:20				10:30-11:00AM
11:00-11:30AM							Open Swim	11:00-11:30AM
11:30-12:00PM			Open Swim					11:30-12:00PM
12:00-12:30PM								12:00-12:30PM
12:30-1:00PM								12:30-1:00PM
1:00-1:30PM	Open Swim	Open Swim	9:35 to 4:10	Open Swim	Open Swim	Open Swim	Open Swim	1:00-1:30PM
1:30-2:00PM		Swim Lesson		Swim Lesson				1:30-2:00PM
2:00-2:30PM	12:00 to 4:45	Swim Lesson						2:00-2:30PM
2:30-3:00PM		2:15 to 3:45						2:30-3:00PM
3:00-3:30PM		4:10		11:30 to 4:55				3:00-3:30PM
3:30-4:00PM								3:30-4:00PM
4:00-4:30PM			Swim Lesson	Swim Team				4:00-4:30PM
4:30-5:00PM			4:15 to 5:55	4:30 to 9:00	Swim Lesson	Swim Team	Swim Lesson	4:30-5:00PM
5:00-5:30PM		Swim Lesson			Swim Lesson	Swim Team		5:00-5:30PM
5:30-6:00PM								5:30-6:00PM
6:00-6:30PM		4:15 to 7:00	Open Swim	5p to 6:25	5 to 7:10			6:00-6:30PM
6:30-7:00PM								6:30-7:00PM
7:00-7:30PM		Water Fit	9:00 PM	Water Fit	4:30 to 9:00	5:00 to 9:00	5:15 to 8:15	7:00-7:30PM
7:30-8:00PM				Swim Team				7:30-8:00PM
8:00-8:30PM		Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		8:00-8:30PM
8:30-9:00PM								8:30-9:00PM

REVISED 12/29/2018

SWIM MEET DECEMBER 15TH POOL CLOSED AT 2:00PM TO THE PUBLIC



Pool Rules:

-Breath holding for longer than 10 seconds is not allowed.

- When on the pool deck, carry water in plastic containers only.

- Refrain from swimming over half the distance of the pool without taking a breath.
- Horseplay, dunking, and/or throwing a person is not permitted.
- Use of profanity is not tolerated.
- Walk at all times on the pool deck.
- Wear appropriate swim attire. Workout attire is not permitted.
- Non-traditional swim suits must be made of a wicking material.
- Wear only clean shoes, no street shoes!

- All children who are not toilet trained must wear swim diapers at all times, together with a bathing suit or plastic pants.
- All lessons will be taught by YMCA employees. No outside lesson providers are permitted without the approval of the YMCA.
- **Long hair must be tied back or in a swim cap.**
- Dive only in designated areas. Do not perform flips, spins, back jumps, and/or back dives.

Swim Test:

-Children ages 7 YEARS OR YOUNGER must have a parent or caregiver at least 16 years of age in the pool area with them at all times. If the child has not passed the swim test, parent/caregiver must be in the water within arm's reach. If the child has passed the swim test, parent/caregiver must be present in the pool area but is not required be in the water.

-Children ages 8-10 who have passed the swim test may use the pool but parent/caregiver must remain in the facility. If the child does not pass the test, parent/caregiver must be in the water with them at all times within arm's reach.

-Youth ages 11-16 who pass the swim test may use the pool at all depths. If Youth 11-16 do not pass the swim test, then they must adhere to swim safety rules of the facility's aquatic department, which may vary from one facility to another.

-All individuals under 16 years or younger must pass a swim test to use the deep end of the pool.

-Any adult individual exhibiting weak swim skills must be tested on their ability to swim in the deep end. Lifeguards may ask an adult to take a swim test for the safety of the adult and others.

-For safety reasons, any individual who wears floatation devices must ensure that they are approved by the U.S. Coast Guard.

RULES WILL BE ENFORCED BY ALL YMCA EMPLOYEES. FAILURE TO FOLLOW THE RULES MAY RESULT IN REMOVAL FROM THE PREMISES WITHOUT REFUNDS OR CREDITS, AND ANY OTHER ACTION THAT MANAGEMENT DEEMS APPROPRIATE.
