



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# June 11-August 25, 2018 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-8:00am <b>Adult Lap</b>	5-6:30am(2) <b>Adult Lap</b> 5:15-6:30am (2) <b>Masters Swim</b> 6:30-9:00am <b>Adult Lap(2)</b>	5-8:00am <b>Adult Lap</b>	5-6:30am(2) <b>Adult Lap</b> 5:15-6:30am (2) <b>Masters Swim</b> 6:30-9:00am <b>Adult Lap(2)</b>	5-8:00am <b>Adult Lap</b>	6-8:00am <b>Lap Swim</b>	7-9:00am <b>Adult Lap</b>
8:00-9am(0) <b>Water Ex</b> 9-11am(0) <b>Swim Lessons</b>	8:00-9am(1) <b>Water Ex</b> 9:00-11:00 am (0) <b>Swim Lessons</b> 9-9:45am <b>Deep Water Cadence Running (0)</b>	8:00-9am (0) <b>Water Ex</b> 9:00-11:00 am(0) <b>Swim Lessons</b> 9:45-10:15am <b>Pre-school</b>	8:00-9am(2) <b>Water Ex</b> 9-11 am (0) <b>Swim Lessons</b>	8:00-9am (0) <b>Water Ex</b> 10:00-11:00am (2) <b>Shirley Ryan Ability Lab</b> 10-11am (2)	8-9:00am (3) <b>Masters/Lap Water Ex</b> 9-12pm (0) <b>Lessons</b>	9-12pm <b>Open Swim(3)</b> Deep Water Cadence Running 9-9:45am
11-12:00pm (2) <b>Seniors</b> 12-1:00pm <b>Lap Swim</b>	11-12:00pm (0) <b>Arthritis</b> 12-1:00pm <b>Lap Swim</b>	11-12:00pm (2) <b>Seniors/Friends</b> 12-1:00pm <b>Lap Swim</b>	11-12:00pm (0) <b>Arthritis</b> 12-1:00pm <b>Lap Swim</b>	11-12:00pm (2) <b>Seniors/Friends</b> 12-1:00pm <b>Lap Swim</b>	12-1:00pm <b>Open Lap</b>	12-1:00pm <b>Open Lap</b>
1:00-2:00pm(0) <b>Teen/Sport Camp</b>	<b>1:00-3:00pm Day Camp(0)</b>	<b>1:00-3:00pm</b> Open Swim	<b>1:00-3:00pm</b> <b>Day Camp(0)</b>	1-2:00pm(0) <b>Teen/Sport Camp</b>	1-2:00pm (2) <b>SEASPAR/lap swim</b>	1-5:00pm (1) <b>Open Swim</b> CLOSE AT 5PM
2:00-4:30pm (2) <b>Open Swim</b>	<b>1-1:30pm</b> <b>1:30-2:00pm</b> <b>2:00-2:30pm</b> <b>2:30-3pm</b> <b>3-5:15pm</b> <b>Open Swim</b>	<b>3-4:30pm</b> Open Swim	<b>1-1:30pm</b> <b>1:30-2:00pm</b> <b>2:00-2:30pm</b> <b>2:30-3:00pm</b> <b>3-5:15pm</b> <b>Open Swim</b>	2-9:00pm (2) <b>Open Swim</b>  <b>CLOSE AT 9PM</b>	2-6:00pm (2) <b>Open Swim</b>  <b>CLOSE AT 6PM</b>	
4:30-6:30PM (0) <b>Lessons</b> 6:30-7:30pm(0) <b>Water Ex Lessons</b>	5:15-7:15pm (0) <b>Lessons</b>	4:30-6:30pm (0) <b>Lessons</b> 6:30-7:30pm (0) <b>Water Ex</b>	5:15-7:15pm (0) <b>Lessons</b>			
7:30-9:00pm (1) <b>Open Swim</b>	7:15-8:00pm (2) <b>Open Swim</b> 8-9:00pm (2) <b>Water Ex</b>	7:30 -9:00pm (2) <b>Open Swim</b>	7:15-8:00pm (2) <b>Open Swim</b> 8-9:00pm (2) <b>Water Ex</b>			

## Open Lap Monday-Thursday 9:00-10:00pm

The number in (Parentheses) indicate how many lap lanes will be available for lap swimming. EXAMPLE: (2) indicates that there will be 2 lap lanes available during this time. THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.



## INDIAN BOUNDARY YMCA POOL RULES AND POLICIES

### RULES FOR SANITATION

1. Soap showers are required before entering the pool deck.
2. Proper swim attire must be worn in the pool
3. No glass is allowed in the pool area.
4. Proper swim attire must be worn in the pool
5. All children who are not toilet-trained must wear a swim diaper at all times (never a regular disposable) and either a swim suit or plastic pants.
6. Persons having bandages, open sores, cuts, etc., are advised **not** to use the pool.
7. Please do not chew or bring gum into the pool.

### SAFETY RULES

1. **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 not required to be in the water.**
2. 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.
3. 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.
4. All individuals under 16 years of younger must pass a swim test to use the deep end of the pool.
5. Any adult exhibiting weak swim skills may 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.
6. For safety reasons, any individual who wears a flotation device must ensure that the device is approved by the U.S.Coast Guard.
7. No running, rough play, dunking, pushing or throwing of children.
8. Diving in designated areas only.
9. Hard plastic balls or toys are not permitted in the pool.
10. No flips, spins, back dives/jumps (forward jumps only).
11. No excessive breath-holding.
12. Everyone must clear the pool once the lifeguard has blown the whistle.
13. No one is allowed on anyone's shoulders.
14. No use of profanity

### LAP SWIM POLICY

1. Choose the lane that is closest to your speed. Notify swimmers in a lane before you enter and start swimming. Current swimmers have the right of way.
2. If there are more than two swimmers per lane, you must swim counterclockwise (stay to the right side of the lane)
3. Limit the amount of rest at the end of the lane. Lap swimmers must be able to complete continuous lengths of the pool, from wall to wall, without stopping.

### DEFINITION OF RECREATIONAL SWIM CATEGORIES

**OPEN LAP** Lap swimming available for those who can swim laps continually.

**ADULT LAP** Lap swimming available for age 16 and older.  
Must be able to complete continuous lengths of the pool.

The lifeguard on duty is responsible for enforcing the above rules and any additional policies to ensure the safety of all members and staff. Schedule is subject to change at any time without notice based on programming needs.