



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Indian Boundary YMCA

Winter Break Pool Schedule

5:00 AM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30-Dec	12/24 & 12/31	12/25&1/1	12/26 & 1/2	12/27 & 1/3	12/28 & 1/4	29-Dec-18
6:00 AM			closed on		Adult Lap		
		open 7am-4pm	Christmas 12/25	Adult Lap	Masters 5:15am	Adult Lap	Adult Lap(4)
7:00 AM	Adult Lap	Adult Lap	7am-4pm	5am-8:30am	5am-8:30am	5am-8:30am	6:00-8:00am
	7-9am	7am-8:30am	New Year's Day				
8:00 AM		Aquacise(0)	Adult Lap	Aquacise (0)	Aquacise (1)	Aquacise(0)	Aquacise (2)
		8:30-9:30am	7-8:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8-9am
9:00 AM		Christmas 12/24	Lap Swim	Deep H2O 1/2/19		Deep H2O	
	Open/lap swim	Deep H2O	8:30-9:30am	Cadence Running		Cadence 1/4	
10:00 AM	9am-12pm	run 9:30-10:30am	Open Swim (2)	9:30-10:15am	Open Swim (2)	9:30-10:15am	
			9:30-12pm	lap/open 10:15	9:30-noon	lap swim (2)	Open Swim (2)
11:00 AM		Lap Swim	Lap Swim	Super Seniors(2)		Super Seniors(2)	9am-noon
		11-1pm	12-1pm	11:00-12:00pm		11:00-12:00pm	
12:00 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
	12-1pm	12-1pm	12-1pm	12-1pm	12-1pm	12-1pm	12-1pm
1:00 PM		Open/lap Swim	Open/lap Swim	Open Swim (2)	Open Swim (2)	Open Swim (2)	
		1-4pm	1-4pm	1pm-6:30pm	1-3:30pm	1-9pm	
2:00 PM							
	Open Swim(2)						Open Swim (2)
3:00 PM	1-5pm						1pm-6pm
				Camp Swim(2)	Camp Swim(2)	Camp Swim(2)	
4:00 PM		closed	closed	3:45-4:15pm	3:45-4:15pm	3:45-4:15pm	
5:00 PM	closed			Open Swim(2)		Open Swim (2)	
				1-6:30pm	Open Swim(2)	1-9pm	
6:00 PM					1-8pm		closed
				Aquacise(2)			
7:00 PM				6:30-7:30pm			
				Open Swim(2)			
8:00 PM				7:30pm-9:00pm	Aquablast (3)		
					8:00-9:00pm		
9:00 PM				Open Lap	Open Lap	closed	
				9:00-10:00pm	9:00-10:00pm		
10:00 PM							

December 24-January 5, 2019

PLEASE SEE REVERSE SIDE FOR POOL RULES

Schedule subject to change



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POOL SAFETY

Reduce the Risk of Injury or Illness

SWIM TEST REQUIREMENTS:

- ▼ 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 to 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 16 years or younger must pass a swim test to use the deep end of the pool.
- ▼ 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.
- ▼ For safety reasons, any individual who wears a floatation device must ensure that the device is approved by the U.S. Coast Guard.

POOL RULES:

- ▼ Breath holding for longer than 10 seconds is not allowed.
- ▼ Refrain from swimming over half the distance of the pool without taking a breath.
- ▼ Horseplay, dunking or throwing a person is not permitted.
- ▼ Use of profanity is not tolerated.
- ▼ Walk at all times while on the pool deck.
- ▼ Appropriate swim attire is required.
- ▼ Non-traditional swim suits must be made of a wicking material.
- ▼ Dive only in designated areas. Do not perform flips, spins, back dives/jump.
- ▼ Wear only clean street shoes.
- ▼ When on the pool deck, all drinks must be in capped, plastic containers.
- ▼ Children who are not toilet trained must wear swim diapers at all times, in addition to a bathing suit or plastic pants.
- ▼ All swim lessons are taught by YMCA employees. No outside lesson providers are permitted without the approval of the YMCA.

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.