



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# January 5-June 8 SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  |
|---|---|--|--|---|--|---|
| <b>Adult Lap</b><br>5-8:30am  | <b>Adult Lap</b><br>5-6:30am(2)<br><b>Masters Swim</b><br>5:00-6:30(2)<br><b>Adult Lap</b><br>6:30-8:30am   | <b>Adult Lap</b><br>5-8:30am   | <b>Adult Lap</b><br>5-6:30am (2)<br><b>Masters Swim</b><br>5:00-6:30 (2)<br><b>Adult Lap</b><br>6:30-8:30  | <b>Adult Lap</b><br>5-8:30am  | <b>Adult Lap</b><br>6-8:00am   | <b>Adult Lap</b><br>7-9:00am  |
| <b>Water Ex</b><br>8:30-9:30 (0)<br><b>#86 Trans(2)</b><br>9:30-10:30am<br><b>Deep Water</b><br><b>Cadence Running</b><br>9:30-10:15am<br><b>Lap Swim</b><br>9:30-12pm(2)<br><b>Lessons</b><br><b>10-10:40am(2)</b> | <b>Water Ex</b><br>8:30-9:30(0)<br><b>Lessons</b><br>9:40-11am (2)<br><b>Dist. 86 - transition</b><br>9:30-10:30 (2)<br><b>Lap Swim (2)</b><br><b>9:30-11am</b> | <b>Water Ex</b><br>8:30-9:30am (0)<br><b>Lessons</b><br>9:40-10:30am (2)<br><b>Pre-school</b><br>10:30-11am(2) | <b>Water Ex</b><br>8:30-9:30 (0)<br><b>Deep Water</b><br><b>Cadence</b><br><b>Running</b> 9:30-10:15am<br><b>Lessons</b><br>9:40-10:20am (2)<br><b>District 86</b><br>9:30am<br><b>Lap Swim (2)</b><br>9:30-11am | <b>Water Ex</b><br>8:30-9:30am (0)<br><b>Shirley Ryan</b><br><b>Ability Lab</b><br>10 -11:00am (2)<br><b>Lap Swim (2)</b><br>9:30-12pm<br><b>Seaspar</b> 9:45-10:30am, 1t Fri | <b>Masters / Water Ex</b><br>8-9:00am (0)<br><b>Lessons</b><br>9-11:40am (0) | <b>Open Swim</b><br>9-10:30am (1)<br><b>Deep Water</b><br><b>Cadence (1)</b><br>9-9:45am<br><b>Lessons</b><br>10:30-11:50am (0) |
| <b>Seniors</b><br>11-12:00 (2)<br><b>Lap Swim</b><br>12-1:00pm<br><b>Kindergarten/#99</b><br>12:45-1:15pm(1)  | <b>Arthritis</b><br>11-12:00pm (0)<br><b>Lap Swim</b><br>12-1:00pm  | <b>Seniors/Friends</b><br>11-12:00pm (2)<br><b>Lap Swim</b><br>12-1:00pm                                       | <b>Arthritis</b><br>11-12:00pm (0)<br><b>Lap Swim</b><br>12-1:00pm   | <b>Seniors/Friends</b><br>11-12:00pm (2)<br><b>Lap Swim</b><br>12-1:00pm  | <b>Lap Swim</b><br>11:40-1:00pm  | <b>Lap Swim/Open Swim</b><br>11:50-1:00pm   |
| <b>Open Swim</b><br>1:00-4:30pm (3)   | <b>Water Ex / Dist. 99&amp; 86</b><br>12:45-1:30pm(0)<br><b>Water Ex</b> 1-2pm  | <b>Dist. #86 &amp; 99</b><br>12:45-1:30pm (2)<br><b>Lap Swim/Open</b><br>1-2pm                                 | <b>Water Ex 1-2pm / Dist. 99 &amp; 86</b><br>12:45-2:00pm (1)  | <b>Dist 99</b><br>12:45-1:30pm (2)  | <b>SEASPAR</b><br>1-2:00pm (0)   | <b>Open Swim (2)</b><br>1-5pm   |
|   | <b>Open Swim</b><br>2-5:15 pm (1)<br><b>After School</b> 4-4:45pm(1)  | <b>Open Swim</b><br>2-4:30pm (1)   | <b>Open Swim</b><br>2-5:15pm(1)  | <b>Open Swim</b><br>1-4:30pm (1)<br><b>After School</b><br>3:30-4:15pm(1)   | <b>Open Swim</b><br>2-6:00pm (2)   | <b>CLOSED</b>   |
| <b>Lessons</b><br>4:30-6:30pm(0)<br><b>Water Ex / Lessons</b><br>6:30-7:30pm(0)   | <b>Lessons</b><br>5:15-7:15 (0)   | <b>Lessons</b><br>4:30-6:30pm (0)<br><b>Water Ex</b><br>6:30-7:30pm (0)  | <b>Lessons</b><br>5:15-7:15 (0)  | <b>Lessons</b><br>4:30-6:30pm (0)   | <b>CLOSED</b>  | <b>CLOSED</b>   |
| <b>Open Swim</b><br>7:30-9:00pm(2)  | <b>Open Swim</b><br>7:15-8:00pm (2)<br><b>Water Ex</b><br>8-9:00pm (2)  | <b>Open Swim</b><br>7:30 -9:00pm (2)   | <b>Open Swim</b><br>7:15-8:00pm (2)<br><b>Water Ex</b><br>8-9:00pm (2)   | <b>Open Swim</b><br>6:30-9:00pm (2)   | <b>CLOSED</b>  | <b>CLOSED</b>   |

## Lap Swim 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.



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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.