



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aug 27-Dec 23, 2017 SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult Lap 5-8:30am	Adult Lap 5-6:30am(2) Masters Swim 5:00-6:30(2) Adult Lap 6:30-8:30am	Adult Lap 5-8:30am	Adult Lap 5-6:30am (2) Masters Swim 5:00-6:30 (2) Adult Lap 6:30-8:30	Adult Lap 5-8:30am	Adult Lap 6-8:00am	Adult Lap 7-9:00am
Water Ex 8:30-9:30 (0) #86 Seapar(2) 9:30-10:30am Lessons 10-10:40am (2)	Water Ex 8:30-9:30(1) Lessons 9:40-11am (2) Dist. 86 - SEASPAR 9:30-10:30 (2)	Water Ex 8:30-9:30am (0) Deep Water Cadence 9:30-10:15am Lessons 9:40-11am (2) Pre-school 10:30-11am	Water Ex 8:30-9:30 (1) Lessons 9:40-11:00 (2)	Water Ex 8:30-9:30am (0) Shirley Ryan Ability Lab 10 -11:00am (2)	Masters / Water Ex 8-9:00am (0) Lessons 9-11:40am (0)	Open Swim 9-10:30am (2) Deep Water Cadence (2) 9-9:45am Lessons 10:30-11:50am (0)
Seniors 11-12:00 (2) Lap Swim 12-1:00pm PreSchool/#99 12:45-1:15pm	Arthritis 11-12:00pm (0) Lap Swim 12-1:00pm	Seniors/Friends 11-12:00pm (2) Lap Swim 12-1:00pm	Arthritis 11-12:00pm (0) Lap Swim 12-1:00pm	Seniors/Friends 11-12:00pm (2) Lap Swim 12-1:00pm	Lap Swim 11:40-1:00pm	Lap Swim 11:50-1:00pm
Open Swim 1-4:30pm (3)	Water Ex / Dist. 99& 86 12:45-2:00pm (1)	Dist. #86 & 99 12:45-1:30pm (2)	Water Ex / Dist. 99 & 86 12:45-2:00pm (1)	Dist 99 12:45-1:30pm (2)	SEASPAR 1-2:00pm (0)	Open Swim (2) 1-5pm
	Open Swim 2-5:15 pm (2) After School 3:45-4:30	Open Swim 2-4pm (2)	Open Swim 2-3:30pm (2) Open Swim 3:30-5:15 (1)	Open Swim 2-4:30pm (2) After School 3:45-4:30pm	Open Swim 2-6:00pm (2)	CLOSED
Lessons 4:30-6:30pm(0) Water Ex / Lessons 6:30-7:30pm(0)	Lessons 5:15-7:15 (0)	Lessons 4:30-6:30pm (0) Water Ex / Lessons 6:30-7:30pm (0)	Lessons 5:15-7:15 (0)	Lessons 4:30-6:30pm (0)	CLOSED	CLOSED
Open Swim 7:30-9:00pm(1)	Open Swim 7:15-8:00pm (2) Water Ex 8-9:00pm (2)	Open Swim 7:30 -9:00pm (2)	Open Swim 7:15-8:00pm (2) Water Ex 8-9:00pm (2)	Open Swim 6:30-9:00pm (2)	CLOSED	CLOSED

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.



INDIAN BOUNDARY YMCA POOL RULES AND POLICIES

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RULES FOR SANITATION

1. Soap showers are required before entering the pool deck.
2. No glass is allowed in the pool area.
3. Proper swim attire must be worn in the pool
4. 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.
5. Persons having bandages, open sores, cuts, etc., are advised **not** to use the pool.
6. Please do not chew or bring gum into the pool.

SAFETY RULES

1. All individuals 18 years and younger must pass a swim test to be in the deep end.
2. Children ages 7 and under, must have an adult 16 years or older in the water with them at all times, unless they have passed the deep water swim test, in which case an adult must be on the pool deck.
3. Children ages 8-10, must have a parent or designated guardian in the pool area.
4. Children ages 11-17, have full access to the pool.
5. No running, rough play, dunking, pushing or throwing of children.
6. Diving in designated areas only.
7. Non-swimmers **must** stay in the shallow end of the pool.
8. Pool equipment may only be used in Lap Lanes or during classes.
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. All instructional flotation devices must be lifeguard approved..
15. 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 SWIM	Children under 11 years of age must be accompanied by a parent or guardian age 16 or older.
OPEN LAP & WATER FITNESS	Lap swimming available for those who can swim laps continually. Must be able to complete continuous lengths of the pool. One lane will be reserved for members who want to do water fitness
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.

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