



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

June 5-August 20, 2017 SCHEDULE

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

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. 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. No FOOD or drink allowed on the pool deck, thus no glass in the pool area.
7. 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 under 11 years of age 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. No running, rough play, dunking, pushing or throwing of children.
4. Diving in designated areas only.
5. Non-swimmers **must** stay in the shallow end of the pool.
6. Pool equipment may only be used in Lap Lanes or during classes.
7. Hard plastic balls or toys are not permitted in the pool.
8. No flips, spins, back dives/jumps (forward jumps only).
9. No excessive breath-holding.
10. Everyone must clear the pool once the lifeguard has blown the whistle.
11. No one is allowed on anyone's shoulders.
12. All instructional flotation devices must be lifeguard approved..
13. 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 in the water.

OPEN LAP & WATER FITNESS

Lap swimming available for age 9 and older.
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.