

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.

POOL SCHEDULE

LEANING TOWER YMCA | SPRING 1 2019 | FEBRUARY 18 - APRIL 14



LAST UPDATED 2/25/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule is subject to change without notice. Private lessons have priority over lanes.	6-10:30 am Lap Swim (3) Walking (1)	6-6:30 am Lap Swim (3) Walking (1) 6:30-7:30 am Aqua Fit (2) Lap (2)	6-10:30 am Lap Swim (3) Walking (1)	6-6:30 am Lap Swim (3) Walking (1) 6:30-7:30 am Aqua Fit (2) Lap (2)	6-10:30 am Lap Swim (3) Walking (1)	6-7am Lap Swim (3) Walking (1) 7 - 7:45 am Tri Training (2) Lap Swim (2)	6-10 am Lap Swim (3) Walking (1)
	10:30-11:30am Aqua Fit (3) Lap (1)	7:30-9:30 am Lap Swim (3) Walking (1)	10:30-11:30am Aqua Fit (3) Lap (1)	7:30-9:30 am Lap Swim (3) Walking (1)	10:30-11:30am Aqua Fit (3) Lap (1)	7:45-8:45 am Aqua Fit (3) Lap (1)	10 - 1 pm Lessons (3) Lap (1)
Age: Swimmers under the age of 8 must have a parent or guardian present in the water.	11:30-12:30pm Tot Swim (2) Lap (2)	9:30-10:30 am Aqua Zumba (2) Lap (2)	11:30-12:30pm Tot Swim (2) Lap (2)	9:30-10:30 am Aqua Zumba (2) Lap (2)	11:30-12:30pm Tot Swim (2) Lap (2)	9 - 12 pm Lessons (3) Lap (1)	
	12:30-4 pm Lap Swim (3) Walking (1)	10:30-11:30am AOA Aqua Fit (3) Lap (1)	12:30-4 pm Lap Swim (3) Walking (1)	10:30-11:30am AOA Aqua Fit (3) Lap (1)	12:30-4 pm Lap Swim (3) Walking (1)		
Swim Test (Under 18): To swim in the deep water you must swim 25 yds with face in & tread water for 30 seconds.	<u>2/18 only</u> 2 - 3 pm Schools out (2) Lap (2)	11:30-12:30 pm Tot Swim (2) Lap (2)	<u>4/10 only</u> 2 - 3 pm Schools out (2) Lap (2)	11:30-12:30 pm Tot Swim (2) Lap (2)	<u>4/5 only</u> 2 - 3 pm Schools out (2) Lap (2)	12 - 4:30 pm Open Swim (2) Lap (2)	1 - 4:00 pm Open Swim (2) Lap (2)
	4 - 7 pm Swim Lessons (2) Lap Swim (1)	12:30-4:00 pm Lap Swim (3) Walking (1)	4 - 7:15 pm Swim Lessons (3) Lap Swim (1)	12:30-3:00 pm Lap Swim (3) Walking (1) <u>2/21 & 3/21 only</u> Schools out (2) Lap (2)	4 - 6:15 pm Swim Lessons (3) Lap Swim (1)		
Floating Devices: Inflatable floatation devices not allowed	7 - 8:15pm Aqua Fit (2) Lap (2)	4:00-7:00 pm Open Swim (2) Lap Swim (2)		3:00 - 4:30 pm Open Swim (2) Lap Swim (2)	6:15 - 8 pm Open Swim (2) Lap Swim (2)	4:30-6:30 pm Lap Swim (3) Walking (1)	
	8:15 - 9:30 pm Lap Swim (3) Walking (1)	7:00 - 9:30 pm Walking (1)	7:15 - 8:15 pm Aqua Fit (2) Lap Swim (2)	4:30 - 5:15 pm LG prep (1) Open Swim (2) Lap Swim (1)	8 - 9:30 pm Lap Swim (3) Walking (1)		
			8:15 - 9:30 pm Lap Swim (3) Walking (1)	5:15 - 7:00 pm Open Swim (2) Lap Swim (2)* 7:00 - 9:30 pm LG prep (1) Open Swim (2) Lap Swim (1) <u>*3/21 only</u> 6 - 8 pm Staff meeting(2) Open (2)			

Guards may close pool for a 10 minute break

Descriptions

Lap Swim: To avoid accidents notify swimmer of your arrival. Please choose a lane where swimmer is a similar speed. Circle swim is required if there are more than 2 patrons in a lane.

Open Swim: All ages may attend
Walking: A area designated for walking and independent exercise
Tot Swim: Toddlers 5 and under with parent