



# POOL SCHEDULE

Effective Dates

HOUR	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HOUR		
5-6a	Closed	Open / Lap	Open / Lap <b>Master Swim</b>	Open / Lap	Open / Lap <b>Master Swim</b>	Open / Lap	Closed	5-6a		
6-7a			Open / Lap		Open / Lap		Open / Lap	Open / Lap	Open / Lap	Open / Lap
7-8a										
8-9a			Lap - 1 Lane <b>Deep Water Aqua Fit</b>		Lap - 1 Lane <b>Deep Water Aqua Fit</b>		Lap - 1 Lane <b>Deep Water Aqua Fit</b>	Lap - 1 Lane <b>Deep Water Aqua Fit</b>	8-9a	
9-10a		Lap - 1 Lane Lessons <b>Aqua Fit</b>	Lap - 1 Lane Lessons <b>Aqua Zumba</b>	Lap - 1 Lane Lessons <b>Aqua Fit</b>	Lap - 1 Lane Lessons <b>Aqua Zumba</b>	Lap - 1 Lane Make-up Lessons <b>Aqua Fit</b>	Lap - 2 Lanes Lessons	9-10a		
10-11a		Lap - 1 Lane Lessons	Lap - 1 Lane Lessons	Lap - 1 Lane Lessons	Lap - 1 Lane Lessons	Open / Lap		10-11a		
11-12p		Open / Lap	Open / Lap	Open / Lap	Open / Lap		Open / Lap	Open / Lap	11-12p	
12-1p		KIDDIE POOL Open / Lap		Open / Lap Summer Day Camp Swim	KIDDIE POOL Open / Lap	KIDDIE POOL Open / Lap	KIDDIE POOL Open / Lap	KIDDIE POOL Open / Lap	12-1p	
1-2p	1-2p									
2-3p	2-3p									
3-4p	3-4p									
4-5p	Open / Lap	Open / Lap	Open / Lap	Open / Lap	Open / Lap	Open / Lap	4-5p			
5-6p	Closed	Lessons Swim Team (5:30-7pm) Lap - 1 Lane	Lessons Lap - 1 Lane	Lessons Swim Team (5-6:30pm) Lap - 1 Lane	Lessons Lap - 1 Lane	Make-up Lessons Swim Team (5:30-7pm)	Closed	5-6p		
6-7p		Open / Lap	Open / Lap	Open / Lap	Open / Lap	Closed		6-7p		
7-8p								7-8p		
8-9p		Open / Lap	Open / Lap	Open / Lap	Open / Lap	Open / Lap		Open / Lap	8-9p	

# SAFE POOLS HAVE RULES

- Swim only when lifeguard is on duty.
- Lifeguards have the authority to enforce all rules.
- Kiddie and Family Pools require:
  - A responsible adult within arm's reach
  - OR
  - Be wearing a US Coast Guard approved life vest or puddle jumper
  - OR
  - Have armpit height taller than 36" for the Kiddie Pool
  - OR
  - Pass the swim test and have a swimmer wristband
- Main Pool requires:
  - Passing swim test and wearing swim band
  - OR
  - Responsible adult within arm's reach and US Coast Guard approved life vest or puddle jumper.
- Age Requirements:
  - Under age 10: Must have a supervising adult in the same pool area
  - Under age 8: Must have a supervising adult actively watching them at all times.
  - An individual adult may be in charge of no more than two non-swimmers in an area where water is deeper than the child's armpits.
- No running, pushing, dunking or horseplay is allowed.
- No alcohol, tobacco products, or glass containers.
- Swim diapers must be worn by children who are not potty trained.
- Please use provided diaper changing stations.
- Appropriate swim attire must be worn.

**Behavior must reflect YMCA core values of:  
HONESTY, CARING, RESPECT, AND RESPONSIBILITY.**

