



# LARGE POOL SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM-1 PM Lap Swim *Masters Swim Team Practice 4 Lanes 6:15-7:15 AM	5:45 AM-1 PM Lap Swim All Lanes	5:45 AM-1 PM Lap Swim *Masters Swim Team Practice 4 Lanes 6:15-7:15 AM	5:45 AM-1 PM Lap Swim All Lanes	5:45 AM-1 PM Lap Swim *Masters Swim Team Practice 4 Lanes 6:15-7:15 AM	7 AM-10:30 AM Lap Swim	<b>Y CLOSED</b>
<b>1-2 PM Pool Closed</b>					10:30-12 PM 4 Small Lap Swim & Swim Team 3 Big Lanes	
2-3 PM Lap Swim All Lanes	2-3 PM Lap Swim All Lanes	2-3 PM Lap Swim All Lanes	2-3 PM Lap Swim All Lanes	2-3 PM Lap Swim All Lanes		
3-5 PM Lap Swim 1/2 Pool & 3 Big Lanes Swim Team	3-5 PM Lap Swim 1/2 Pool & 3 Big Lanes Swim Team	3-5 PM Lap Swim 1/2 Pool & 3 Big Lanes Swim Team	3-5 PM Lap Swim 1/2 Pool & 3 Big Lanes Swim Team	3-5 PM Lap Swim 1/2 Pool & 3 Big Lanes Swim Team	12-1:30 PM 4 Small Lap Swim & Swim Team 3 Big Lanes	
5-6:30 PM Swim Team <b>No Lap Swim</b>	5-6:30 PM Swim Team <b>No Lap Swim</b>	5-6:30 PM Swim Team <b>No Lap Swim</b>	5-6:30 PM Swim Team <b>No Lap Swim</b>	5-6:30 PM Swim Team <b>No Lap Swim</b>	<b>Y CLOSED</b>	
6:30-8:15 PM Lap Swim 1 Big Lane & Swim Team	6:30-8:15 PM Lap Swim 1 Big Lane & Swim Team	6:30-8:15 PM Lap Swim 1 Big Lane & Swim Team	6:30-8:15 PM Lap Swim 1 Big Lane & Swim Team	6:30-8:15 PM Lap Swim 1 Big Lane & Swim Team		
<b>Y Closed</b>	<b>Y Closed</b>	<b>Y Closed</b>	<b>Y Closed</b>	<b>Y Closed</b>		

## LAP SWIM ETIQUETTE

- Please enter the water at the shallow end. If you need to share a lane make sure you talk to the other swimmer sharing the same lane so they know you are there. If you are asked to share a lane, please be courteous and responsive.
- Please be sure to look for other swimmers if you must go into another person's lane to get to the pool ladder.
- Swimmers should exhibit the YMCA Core Values: Caring, Honesty, Respect, and Responsibility.

## THUNDERSTORM

- If there is thunder or lightning we are required to close the pool for 30 minutes from the last thunder or lightning in our area.



# SMALL POOL SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-12 PM Adult Open Swim	8-10:15 AM Water Aerobics	10-12 PM Adult Open Swim	8-10:15 AM Water Aerobics	10-12 PM Adult Open Swim	7:30-12 PM Swim Lessons	<b>Y CLOSED</b>
3-5 PM Swim Lessons	10:15-12 PM Adult Open Swim	3-5 PM Swim Lessons	10:15-12 PM Adult Open Swim	3:45-5 PM Swim Lessons	12-1:15 PM Family Open Swim	
5-6 PM Family Open Swim	3-5 PM Swim Lessons	5-6 PM Swim Team	3:30-5 PM Family Open Swim 1/2 Pool & 1/2 Swim Lessons	5-6 PM Swim Team	<b>Pool Closed</b>	
6-7 PM Swim Team	5-7 PM Swim Team	6-7:30 PM Swim Lessons	5-7 PM Swim Team	6-8 PM Family Open Swim		
<b>Pool Closed</b>	<b>Pool Closed</b>	<b>Pool Closed</b>	<b>Pool Closed</b>	<b>Pool Closed</b>		

## THUNDERSTORM

- If there is thunder or lightning we are required to close the pool for 30 minutes from the last thunder or lightning in our area.

**Please note the schedule can change at any time, we will try to keep you up to date on any changes.**

## **CAMP OPEN SWIM RULES**

- Everyone must walk, no running.
- No diving or flips – only feet first entry.
- Only jump when area in front of you is clear.
- Do not swim in front of someone who is about to jump in.
- No Jumping from the stairs.
- Only jump one at a time in designated area.
- Hands to yourself, no hanging on other kids or councilors.
- No swimming underneath the stairs.
- No hanging on rope separating shallow and deep end.
- No pro-longed breath holding.
- No blowing into noodles in a public pool.
- No hitting people with the pool noodles or they will be taken away.
- Councilor must stay with their participants; they are their “guardian” at the pool. The lifeguard has to be able to watch the whole pool and cannot be the only ones enforcing rules.

## **CAMP SWIM TEST**

All kids not wearing a lifejacket must pass a swim test consisting of:

25 yards on front

Treading water for 30 seconds

25 yards on back

\*Must be done at the start of the swim time before everyone gets in the pool. Once you complete the swim test you must wait on the side until everyone is done before going back in. If they are on the list already they do not need to repeat it.

Swim Tests must be completed prior to letting the group get into the pool.

Make sure to log all Swim Tests.

For Summer Camp we will test when they start camp and make a list of kids who have passed. If kids have not been swimming for a while, we will re-test.

If kids are wearing a lifejacket they should stay in the:

Small Pool Shallow End

Large Pool Flags to the Wall in the Shallow End

Councilors must follow all rules and enforce rules with their campers.

## **FAMILY OPEN SWIM RULES**

- Everyone must walk, no running.
- No diving or flips – only feet first entry.
- Only jump when area in front of you is clear.
- Do not swim in front of someone who is about to jump in.
- No jumping from the stairs.
- Only jump one at a time.
- Hands to yourself, no hanging on other kids or adults.
- No swimming underneath the stairs.
- No hanging on rope separating shallow and deep end.
- No pro-longed breath holding.
- No blowing into noodles in a public pool.
- No hitting people with the pool noodles or they will be taken away.
- Parents must stay with their kids. The lifeguard has to be able to watch the whole pool and cannot be the only ones enforcing rules.