

Y AQUATICS™

We build strong kids, strong families, strong communities.

Pool Schedule

Updated July 19, 2010

July 26 - Aug 8, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP/ OPEN SWIM 5:30am - 8:00am	LAP/ OPEN SWIM 5:30am - 8:00am	LAP/ OPEN SWIM 5:30am - 8:00am	LAP/ OPEN SWIM 5:30am - 8:00am	LAP/ OPEN SWIM ALL DAY 5:30am - 7:00pm	CLOSED	CLOSED
AQUA GOLDEN 8:00am - 8:45am	AQUA GOLDEN 8:00am - 8:45am	AQUA GOLDEN 8:00am - 8:45am	AQUA GOLDEN 8:00am - 8:45am	↓	LAP/ OPEN SWIM ALL DAY 7:00am - 4:30pm	
LAP/ OPEN SWIM 9:00am - 7:00pm	LAP/ OPEN SWIM 9:00am - 6:15pm	LAP/ OPEN SWIM 9:00am - 7:00pm	LAP/ OPEN SWIM 9:00am - 6:15pm		↓	↓
						H2O CHALLENGE/ 2 Lap Lanes 6:15pm - 7:00pm
Pool closes at 7:00 PM	Pool closes at 7:00 PM	Pool closes at 7:00 PM	Pool closes at 7:00 PM	Pool closes at 7:00 PM		
					CARING	HONESTY

We appreciate your adherence to these rules.

1. No rough play.
2. Everyone must shower before entering pool
3. Absolutely no diving in the pool.
4. Running, pushing, diving, back jumps, and other "horseplay" is not deemed safe and will not be tolerated.
5. Children under 8 must be accompanied by an adult (18 or older; the adult must be within arms reach of the child at all times.)
6. Food, drinks, and gum are not allowed on the pool deck.
7. Street shoes and strollers are not allowed on the pool deck.
8. Swimmers must wear clean swimsuits or leotards. No cutoffs with frays or gym shorts are allowed. Shirts cannot be worn in the deep end.
9. Admissions to the pool will be refused to any persons with infections such as rashes, open wounds, etc. Bandages of any sort should be removed before entering the pool.
10. Children who are not toilet trained must wear swim diapers.
Please ask a lifeguard if you need one.
11. Lifeguards may prohibit any activities that affect the safety and enjoyment of pool users.
12. Pool equipment will be issued and removed at the lifeguard's discretion.

POOL HOURS	
Mon. - Fri.	5:30am - 7:00pm
Saturday	7:00am - 4:30 pm
Sunday	12:00pm - 4:30pm

Lap Swim: 16 and older may use the pool to lap swim. Anyone under 16 needs permission from the Aquatics Coordinator.

Swim Team: YMCA swim team practice. Pool closed to all other members.

Open/Lap: Free swim for members and non-members at least 2 lap lanes.

Family Swim: Family time in the pool. 8 and younger need to be with a parent or adult supervising them. 9 years and older are allowed in the pool at Lifeguard's discretion.

Lessons: Swim lessons are in the pool. No other activities will be allowed during this time.

Aqua Golden: Water Aerobics are in the pool. No other activities will be allowed during this time.

H2O Challenge: Incorporates resistance training with minimal impact. Good for all levels and ages. There will be 2 lanes available for lap swimmers at this time.

Swim Tests: All members must be able to swim 1 length of the pool (25 yds) in order to be on the deeper side of the pool. They will be given a bracelet to wear for their entire visit.

Early Dismissal: When there is an early dismissal the pool will remain open at 2:00 for Open Swim. If there is an early dismissal due to bad weather, the pool will remain open at 2:00 if lifeguard is available

No School: When there is no school the pool will open for lap/open swim at 10 am.

Any Questions please ask for Marcy Cain, Aquatics Coordinator.



Age Restrictions: Patrons under 8 years old must be accompanied by an adult (18 or older) No one is allowed in the pool area unless there is a lifeguard on duty.

Pool times and events are subject to change.