



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DANVILLE FAMILY YMCA

### POOL SCHEDULE: May 1-28, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	5:15-8:50 Lap (4) Walking/Open Exercise (2)	6:45-8:50 Lap (4) Walking/Open Exercise (2)
9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4) Lap (2)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4) Lap (2)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Deep Water (4) Lap (2)
9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (5) Lap (1)	
10:45-4:50 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-4:50 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-5:00 Open Swim (3) Lap (3)	10:15-2:45 Open Swim (3) Lap (3)
5:00-6:00 Burst Fit (4) Lap (2)		5:00-6:00 Burst Fit (4) Lap (2)			
	4:30-6:45 Swim Lessons (4) Lap (2)		4:30-6:30 Swim Lessons (3) Lap (3)		
6:15-8:45 Open Swim (3) Lap (3)	7:00-8:45 Open Swim (3) Lap (3)	6:15-8:45 Open Swim (3) Lap (3)	6:45-8:45 Open Swim (3) Lap (3)	5:00-7:45 Open Swim (3) Lap (3)	

Parentheses indicates number of lanes available for each activity. Multiple activities are often scheduled in the pool at the same time. The schedule is subject to change at any time due to special programs.

Policy for Youth during Open Swim: Swimmers age 10 and older may swim unsupervised by an adult. Children 9 and under must have an adult in the water supervising them at all times. Children under the age of 5 or any child unable to swim and/or using an approved floatation device in the shallow end must have an adult within arm's reach at all times. Children with approved floatation devices (Coast Guard approved lifejackets and puddle jumpers) must stay where the child can touch the bottom at all times.

#### Swim Test Policy:

All youth 18 and under must take a swim test prior to swimming in water above their armpits. Green band swim test includes: Swim the length of the pool face in the water, without touching the walls, bottom, or lane line. Jump into water over the swimmer's head and resurface. Float on back or tread water for 1 minute. Yellow band swim test includes: Swim to the red line with face in the water without touching the walls, bottom, or lane line, and float or tread water for 30 seconds. A red band swimmer is any swimmer that is unable or refuses to take a green or yellow swim test. They must have an adult within arm's reach at all times and must be in an area to be able to touch the bottom of the pool even if they are wearing a Coast Guard approved floatation device. Red or yellow band swimmers may be carried by an adult into water no higher than the adult's armpit, but not while wearing a floatation device. Green and yellow band swimmers must still have an adult present or in the water if they are under the age of 10.

**Note: Swim Team will be beginning on Wednesday, May 29<sup>th</sup> and a new schedule will be published to reflect the swim team practice times for the last week of May.**

Updated: jlb 4/9/19