



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE: January 1-31, 2020

SUNDAY	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)	
	10:45-1:00 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-1:00 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-1:00 Open Swim (3) Lap (3)	10:15-2:45 Open Swim (3) Lap (3)
	1:00-4:00 Closed		1:00-4:00 Closed		1:00-4:00 Closed	
1:15-4:00 Open Swim (3) Lap (3)	4:00-4:50 Open Swim (3) Lap (3)		4:00-4:50 Open Swim (3) Lap (3)		4:00-5:30 Open Swim Lap	
	5:00-6:00 Burst Fit Lap (1)	4:30-6:00 Swim Lessons (3) Lap (3)	5:00-6:00 Burst Fit Lap (1)	4:30-6:30 Swim Lessons (3) Lap (3)		
4:00-4:45 Swim Lessons Lap (3)	5:30-7:30 Swim Team (5) Lap (1)	6:00-7:00 Swim Team/Lessons (4)/(2) Lap (0)	5:30-7:30 Swim Team (5) Lap (1)	6:00-8:00 Swim Team (5) Lap (1)	5:30-6:30 Swim Team (3) Open Swim/Lap	
		7:00-8:00 Swim Team (4) Lap (1)				
	7:00-8:45 Open Swim Lap	7:30-8:45 Open Swim Lap	7:00-8:45 Open Swim Lap	7:30-8:45 Open Swim Lap	6:30-7:45 Open Swim (3) Lap (3)	

*See Back for more pool information

Updated: jlb 12/27/19

January Special Activities:

The Y is closed on New Year's Day.

Saturday, January 25th – The pool will be closed the entire day due to our home swimming meet.

Tuesday, January, 14th – The pool will be closed at 7:00 p.m. for lifeguard training.

- Parentheses indicates number of lanes available for each activity. If no number is indicated, it may vary during the time frame indicated. Please ask the lifeguard what lanes are available.
- 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.
- During our Aquatics Programs (water exercise classes, swim lessons, swim team) the open spaces in the pool are not available for exercise or play due to insurance purposes and safety for our participants in those programs. Please do not swim through the programs to get to the lap lanes. Ask for assistance from the lifeguard if you must cross through so the instructors can stop their classes and be aware of others in their instructional space.
- Please let our staff know if you are in need of using our lift chair. We are happy to assist you in getting in and out of the water safely and comfortably.

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.

Policy for Swim Attire

Shirts-includes swim shirts

1. The shirt must be short sleeve or sleeveless and the bottom of the shirt must not go past the waist.
2. The shirt must fit close to the skin, as if it were a second layer of skin.
3. The swimmer must stay in the shallow end of the pool at all times.
4. The lifeguard on duty has the final say whether the shirt is in compliance or not.

Swim Wear

1. Lined swim suits must be worn in the pool.
2. Children are required to wear swim diapers under a snug fitting swimsuit if they are not completely toilet trained.
3. No revealing swimsuits, cutoffs, gym leotards, basketball shorts, t-shirts, shorts/leggings, or other clothing permitted.
4. Advanced notification must be made for any other attire, such as wetsuits for race training.