

Pool Hours January 14th - February 11th, 2018

Color Key	Lap Swim	2 or 3 Lap Lanes	Aqua Fitness	Rec Swim	Swim Lessons	Pool Closes
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rec Swim 1:00pm - 3:30pm	Lap Swim 5:00am - 7:45am	Lap Swim 5:00am - 7:45am	Lap Swim 5:00am - 7:45am	Lap Swim 5:00am - 7:45am	Lap Swim 5:00am - 7:45am	Lap Swim 7:00am - 8:45am
	Aqua Fitness- Sally 8:00am - 8:45am	Aqua Fitness- Claudia 8:00am - 8:45am	Aqua Fitness- Sally 8:00am - 8:45am	Aqua Jam - Ellen 8:00am - 8:45am	Aqua Fitness- Monica 8:00am - 8:45am	Aqua Fitness - Variety 9:00am - 9:45am
	Open Water Walking 8:45am - 9:30am	2 Lap Lanes Only 8:00am - 9:30am	Open Water Walking 8:45am - 9:30am	2 Lap Lanes Only 8:00am - 9:30am	Open Water Walking 8:45am - 9:30am	
2 Lap Lanes Only 1:00pm - 3:30pm	Lap Swim 9:45am - 3:00pm	Open Water Walking 8:45am - 9:30am	Lap Swim 9:45am - 3:00pm	Open Water Walking 8:45am - 9:30am	Lap Swim 9:45am - 3:00pm	Lap Swim 10:00am - 12:45pm
Lap Swim 3:45pm - 5:30pm		Rec Swim 3:15pm - 5:00pm NO DIVING BOARD		Rec Swim 3:15pm - 5:00pm NO DIVING BOARD		
	3 Lap Lanes Only 3:15pm - 5:00pm	3 Lap Lanes Only 3:15pm - 5:00pm	3 Lap Lanes Only 3:15pm - 5:00pm	3 Lap Lanes Only 3:15pm - 5:00pm	3 Lap Lanes Only 3:15pm - 5:00pm	
	Lap Swim 5:15pm - 6:30pm	Lap Swim 5:15pm - 9:00pm	Lap Swim 5:15pm - 6:30pm	Lap Swim 5:15pm - 9:00pm	Lap Swim 5:15pm - 6:30pm	2 Lap Lanes Only 1:00pm - 3:30pm
	Pool/spa Closes 5:30pm		Aqua Fitness - Crystal 6:45pm - 7:30pm		Aqua Fitness - Sally 6:45pm - 7:30pm	
2 Lap Lanes Only 6:45pm - 7:30pm			2 Lap Lanes Only 6:45pm - 7:30pm		3 Lap Lanes Only 6:45pm - 9:00pm	Pool Closes 6:30pm
Lap Swim 7:45pm - 9:00pm	Lap Swim 7:45pm - 9:00pm	Lap Swim 7:45pm - 9:00pm	Lap Swim 7:45pm - 9:00pm	Lap Swim 7:45pm - 9:00pm	Lap Swim 7:45pm - 9:00pm	
	Pool/Spa Closes 9:00pm	Pool/Spa Closes 9:00pm	Pool/Spa Closes 9:00pm	Pool/Spa Closes 9:00pm	Pool/Spa Closes 9:00pm	Pool/Spa Closes 9:00pm

Pool Schedule subject to change. Lifeguard has discretion to change schedule if needed.



**If all lanes are occupied, please share your lane.
One lane is always reserved for private swim lessons.**



Pool Rules

- Children under the age of 10 must be accompanied by an adult at all times on the pool deck
- Parent/guardian must be in the pool if their child is wearing a Coast Guard approved lifejacket.
- Parent/guardian must be in the pool if their child is a non swimmer.
- No running
- No food, gum, drinks, or glass bottles allowed on the pool deck
- Proper swim attire must be worn at all times. No cut offs or t-shirts allowed at anytime. Rash guards or wetsuits are allowed
- Children 5 and older must use gender appropriate locker rooms
- Spitting, blowing of the nose or discharge of bodily waste in the pool is prohibited
- Sitting, rolling over, or hanging on lane lines is prohibited
- If all lanes are occupied, you must share a lane

Spa Rules

- You must be 16 or older (or with a parent/guardian) to be permitted in the spa area
- The spa is closed during all swim lessons and camp swim
- Maximum capacity is 4 people
- Time in the spa is not to exceed 20 minutes

Rec Swim

- All personal floatation devices must be Coast Guard approved. Children wearing lifejackets must stay in the shallow end ONLY.
- Children under the age of 15 are required to pass a swim test for diving board or deep end use.
- Non swimmers are required to stay in the shallow end
- Use swim diapers only with small children
- No inflatable toys, balls, kickbaords, dive sticks/rings, noodles, or "swim aides" allowed in the pool.
- No running
- Use the diving board one person at a time. Only one bounce
- Dive only in the deep-end, over 9ft mark
- No pushing, dunking, wrestling, splashing, or engaging in any horse play

Lap Swim

- Children under the age of 15 are required to pass a swim test for diving board or deep end use.
- Sitting, rolling over, or hanging on lane lines is prohibited
- You MUST share a lane if asked
- If more than 2 swimmers in a lane you may be asked to circle swim
- 1 lane is reserved for private lessons during lap swim at all times.

Swim Lessons

- Pool is closed during all swim lessons and camp swim
- Spa is closed during all swim lessons and camp swim

Pool and Spa Hours (please note exceptions on front)

Monday - Friday 5:00am - 9:00pm

Saturday 7:30am - 6:30pm

Sunday 1:00pm - 5:30pm

The pool schedule is subject to change. Please check flyers and postings throughout the YMCA for changes.

Schedule available online: www.smvymca.org

These rules are made for the safety and accommodation of 6,000 members