

Pool Hours November 26th - December 23rd, 2017

| 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 | |
| Lap Swim 3:45pm - 5:30pm | Lap Swim 9:45am - 3:00pm | Lap Swim 9:45am - 3:00pm | Lap Swim 9:45am - 3:00pm | Lap Swim 9:45am - 3:00pm | Lap Swim 9:45am - 3:00pm | Lap Swim 10:00am - 12:45 |
| | Rec Swim 3:15pm - 5:00pm | Rec Swim 3:15pm - 5:00pm | Rec Swim 3:15pm - 5:00pm | Rec Swim 3:15pm - 5:00pm | Rec Swim 3:15pm - 5:00pm | Rec Swim 1:00pm - 3:30pm |
| | 2 Lap Lanes Only 3:15pm - 5:00pm | 2 Lap Lanes Only 3:15pm - 5:00pm | 2 Lap Lanes Only 3:15pm - 5:00pm | 2 Lap Lanes Only 3:15pm - 5:00pm | 2 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 | |
| | Aqua Fitness - Crystal 6:45pm - 7:30pm | | Aqua Fitness - Sally 6:45pm - 7:30pm | | Rec Swim 6:45pm - 9:00pm | |
| 2 Lap Lanes Only 6:45pm - 7:30pm | 2 Lap Lanes Only 6:45pm - 7:30pm | | Lap Swim 3:45pm - 6:30pm | | | |
| Pool Closes 5:30pm | Lap Swim 7:45pm - 9:00pm | Lap Swim 7:45pm - 9:00pm | Lap Swim 7:45pm - 9:00pm | Lap Swim 7:45pm - 9:00pm | 2 Lap Lanes Only 6:45pm - 9:00pm | Pool Closes 6:30pm |
| | 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.



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



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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