# Pool Hours
December 1st - 21st, 2019

<table>
<thead>
<tr>
<th>Color Key</th>
<th>Lap Swim</th>
<th>2 or 3 Lap Lanes</th>
<th>Aqua Fitness</th>
<th>Rec Swim</th>
<th>Swim Lessons</th>
<th>Pool Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Lap Swim 5:00am - 7:45am</td>
<td>Aqua Fitness - Sally 8:00am-8:45am</td>
<td>Rec Swim 1:00pm - 3:30pm</td>
<td>Lap Swim 5:00am - 7:45am</td>
<td>Lap Swim 5:00am - 9:00pm</td>
<td>Lap Swim 7:00am - 8:45am</td>
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<tr>
<td>Saturday</td>
<td>Lap Swim 6:45pm - 7:30pm</td>
<td>2 Lap Lanes Only 6:45pm - 7:30pm</td>
<td>Lap Swim 7:45pm - 9:00pm</td>
<td>Lap Swim 5:30pm - 9:00pm</td>
<td>Pool Closes 6:30pm</td>
<td>Pool Closes 9:00pm</td>
</tr>
</tbody>
</table>

- **Rec Swim:** 1:00pm - 3:30pm
- **Lap Swim:** 1:00pm - 3:30pm
- **Aqua Fitness:** 8:45am-9:30am
- **Swim Lessons:** 9:45am - 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 12 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 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, kickboards, 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