

INDOOR POOL SCHEDULE *



revised 1-11-2010

		Monday	Tuesday	Wednesday	Thursday	Friday	RECREATIONAL POOL	
LAP SWIM	OPEN & LAP SWIM 5:00 - 8:15am	OPEN & LAP SWIM 5 - 6am Program 6 - 7am OPEN & LAP SWIM 7 - 8:15am	OPEN & LAP SWIM 5:00 - 8:15am	OPEN & LAP SWIM 5 - 6am Program 6 - 7am OPEN & LAP SWIM 7 - 8:15am	OPEN & LAP SWIM 5:00 - 8:15am	Saturday		
	Programs 8:15 - 9:30am	Program 8:15 - 9am	Program 8:15 - 9am	Program 8:15 - 9am	Program 8:15 - 9am	LAP SWIM Masters Swim 8 - 9am		
	OPEN & LAP SWIM 9:30 - 10am	OPEN & LAP SWIM 9 - 10am	OPEN & LAP SWIM 9 - 10am	OPEN & LAP SWIM 9 - 10am	OPEN & LAP SWIM 9 - 10am	Programs 9 - 11:00am		
	Programs 10am - 12:00pm	Programs 10am - 12:00pm	Programs 10am - 12:00pm	Programs 10am - 12:00pm	Programs 10am - 1pm	OPEN & LAP SWIM 11:00am - 6:45pm	Sunday	
	OPEN & LAP SWIM 12:00 - 4:30pm	OPEN & LAP SWIM 12:00 - 4:30pm	OPEN & LAP SWIM 12:00 - 4:30pm	OPEN & LAP SWIM 12:00 - 4:30pm	OPEN & LAP SWIM 1:00 - 10:30pm	SWIM TEAM practice 11:00 - 1:00 <i>1 lane OPEN for LAP SWIM</i>	OPEN & LAP SWIM 11am - 6:45pm	
	Programs 4:30 - 9:30pm	Programs 4:30 - 9:30pm	Programs 4:30 - 9:30pm	Programs 4:30 - 9:30pm	NOTE: Limited swim space available during swim lessons			
	LAP SWIM 7:30 - 10:30pm	LAP SWIM 7:30 - 10:30pm	LAP SWIM 7:30 - 10:30pm	LAP SWIM 7:30 - 10:30pm	LAP SWIM 7:30 - 10:30pm			
SWIM TEAM practice 7:00 - 9:30 (Monday - Thursday) <i>1 lane OPEN for LAP SWIM during this time</i>								
							* Schedule is subject to change for special events. Consult www.ymcashr.org <i>Calendar of Events</i> under GB/H location.	

		Monday	Tuesday	Wednesday	Thursday	Friday	THERAPY POOL	
THERAPY POOL	OPEN SWIM 5 - 9am	OPEN SWIM 5 - 9am	OPEN SWIM 5 - 9am	OPEN SWIM 5 - 9am	OPEN SWIM 5 - 9am	OPEN SWIM 5 - 9am	Saturday	
	Programs 9am - 1pm	Programs 9am - 1pm	Programs 9am - 1pm	Programs 9am - 1pm	Programs 9am - 1pm	Program 9 - 10am OPEN SWIM 10am - 12pm Program 12 - 1pm	Programs 8 - 11am	
	Senior Swim 1-3pm	Senior Swim 1-3pm	Senior Swim 1-3pm	Senior Swim 1-3pm	Senior Swim 1-3pm	Senior Swim 1-3pm	OPEN SWIM 11am - 6:45pm	Sunday
	Limited OPEN SWIM 3 - 7pm	Limited OPEN SWIM 3 - 7pm	Limited OPEN SWIM 3 - 7pm	Limited OPEN SWIM 3 - 7pm	Limited OPEN SWIM 3 - 7pm	OPEN SWIM 3 - 9pm	OPEN SWIM 11am - 6:45pm	OPEN SWIM 11am - 6:45pm
	OPEN SWIM 7 - 9 pm	OPEN SWIM 7 - 9 pm	OPEN SWIM 7 - 9 pm	OPEN SWIM 7 - 9 pm	OPEN SWIM 7 - 9 pm			
	Adult OPEN SWIM 9 - 10:30pm	Adult OPEN SWIM 9 - 10:30pm	Adult OPEN SWIM 9 - 10:30pm	Adult OPEN SWIM 9 - 10:30pm	Adult OPEN SWIM 9 - 10:30pm	Adult OPEN SWIM 9 - 10:30pm		
								See reverse for POOL RULES

AQUATICS RULES AND GUIDELINES

Your safety is our utmost concern, and adherence to the following will help us provide a safe environment for you and your family. See you in the water!

LAP SWIM GUIDELINES

Lap swim includes water walking, senior swim and therapeutic swim. At least one lane will be available for lap swim during other scheduled activities. Pool usage may be altered to accommodate need. Lifeguard and other aquatic training will be held as necessary. Look for posted signs describing schedule changes, especially during holidays.

TWIN SLIDE GUIDELINES

You must pass a 25-yard swim test before using the slide. Please swim only when a lifeguard is on duty. For your protection, slide only feet first, on your back. Only one person is permitted on the slide at a time. You must wait until the previous slider is at the wall ladder before climbing the stairs. Slide is subject to close because of occupancy and staffing.

Twin slide hours*

Monday - Thursday
open 12noon - 5:30pm

Friday
open 12noon - 5:30pm
and 6:30 - 10:30pm

Saturday and Sunday
open during OPEN SWIM times

** Not open during make-up swim lessons or during any daycare swim lessons.*

HOT TUB GUIDELINES

Elderly people, pregnant women, infants and those with conditions requiring medical care should consult with a physician before using the hot tub. Prolonged immersion may result in nausea, dizziness, or fainting. Hot-water exposure while under the influence of alcohol, drugs or medicines may lead to serious consequences and is not recommended. Unsupervised use by children under the age of 13 is prohibited. Children ages 6 to 12 may use the hot tub if they are within arm's reach of a parent or guardian.

WHISTLE LIST

- ★ SWIM ONLY WHEN A LIFEGUARD IS ON DUTY.
- ★ PARENTS MUST BE IN THE WATER WITHIN ARM'S REACH OF ALL NON-SWIMMERS. CHILDREN UNDER 10 CANNOT BE IN ANY OF THE AQUATIC FACILITIES WITHOUT A PARENT IN THAT SAME AQUATIC FACILITY.
- ★ NO DIVING.
- ★ SWIM DIAPERS MUST BE WORN BY ALL CHILDREN WHO ARE NOT POTTY-TRAINED.

- ⇒ Running on deck, horseplay, carrying people on shoulders, pushing and dunking are not permitted.
- ⇒ Only Coast Guard approved life jackets (or safety floatation devices) are permitted under direct adult supervision. Arm "floaties" are not permitted. Please see a lifeguard to borrow a life jacket.
- ⇒ **No food or beverage is permitted in the INDOOR POOL.**
- ⇒ No glass or metal objects are permitted in the OUTDOOR POOL area.
- ⇒ Children ages 10 - 12 may visit the pool on their own if a parent is in the building. Children 13 and over may use the pool on their own.
- ⇒ Swimmers must wear appropriate swim attire. No cutoffs are allowed.
- ⇒ Please change children's clothes and diapers in the appropriate changing areas of the facility, the locker rooms and family changing room.
- ⇒ Fins and snorkels are allowed only in lap lanes.
- ⇒ People with open cuts, blisters and sores are advised to not use the pool.
- ⇒ The lifeguard on duty has the ultimate authority and responsibility for the safe operation of the pool.

⇒ ***WHEN THE WHISTLE BLOWS,
LOOK TO THE LIFEGUARD
FOR DIRECTION!***

