



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

GREAT BRIDGE/HICKORY FAMILY YMCA

FALL 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	<b>RECREATIONAL POOL</b>	
<b>LAP POOL</b>	OPEN & LAP SWIM 5 - 8am	OPEN & LAP SWIM 5 - 6am Program 6 - 7am OPEN & LAP SWIM 7 - 8am	OPEN & LAP SWIM 5 - 8am	OPEN & LAP SWIM 5 - 6am Program 6 - 7am OPEN & LAP SWIM 7 - 8am	OPEN & LAP SWIM 5 - 8am	<b>Saturday</b> - updated 9-22-2011 - Schedule is subject to change. <b>Saturday</b> LAP SWIM Masters Swim 8 - 9am Programs 9 - 11am	
	Program 8 - 9:30am	Program 8 - 9am	Program 8 - 9am	Program 8 - 9am	Program 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 10am - 12pm	Programs 10am - 12pm	Programs 10am - 12pm	Programs 10am - 12pm	Programs 10am - 1pm	<b>Sunday</b> OPEN & LAP SWIM 11am - 6:45pm <b>SWIM TEAM practice</b> <b>11:30am-1pm</b> 1 lane OPEN for LAP SWIM	
	OPEN & LAP SWIM 12 - 4:30pm	OPEN & LAP SWIM 12 - 4:30pm Home School Swim Lessons 1 - 2PM - Open Swim limited -	OPEN & LAP SWIM 12 - 4:30pm	OPEN & LAP SWIM 12 - 4:30pm Home School Swim Lessons 1 - 2PM - Open Swim limited -	OPEN & LAP SWIM 1 - 10:30pm		
	Programs 4:30 - 9:30pm	Programs 4:30 - 9:30pm	Programs 4:30 - 9:30pm	Programs 4:30 - 9:30pm	Programs 4:30 - 9:30pm		
	<b>SWIM TEAM practice 6:00 - 8:30 (Monday - Thursday)</b> <b>1 lane OPEN for LAP SWIM during this time</b>					Schedule is subject to change for special events. Consult <a href="http://www.ymcashr.org">www.ymcashr.org</a> <b>CALENDAR OF EVENTS</b> under the Great Bridge/Hickory location.	
	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		

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

# 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.

## SWIM TEST & YOUTH WATER SAFETY POLICY

All swimmers under the age of 13 are required to pass a swim test before being allowed to be in a YMCA pool area without direct adult supervision, or using either the indoor or outdoor slide. Swimmers may NOT wear goggles while taking the swim test or going down the slides.

The swim test consists of swimming the length of the pool during which youth are asked to:

- jump into the pool, and immediately begin swimming in any stroke without pushing off the wall, and then tread water for 30 seconds.
- swim in a horizontal position on top of the water using a forward crawl stroke. The swimmer's arms must exit the water with full extension on every stroke, and they must maintain their swim for at least 3/4 of the swim. Pausing is only allowed when the swimmer is rotating or turning to breathe.
- exit the pool without assistance using either the wall or pool ladder.

## TWIN SLIDE GUIDELINES

You must pass the 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.

<b>TWIN SLIDE HOURS</b>	Monday - Thursday	12noon - 5:30pm
	Friday	12noon - 5:30pm 6:30 - 10:30pm
	Saturday	open during OPEN SWIM times

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

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



## 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, INCLUDING CHILDREN WEARING COAST GUARD APPROVED LIFE JACKETS. 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.