



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR POOL SCHEDULE

GREAT BRIDGE/HICKORY FAMILY YMCA

Schedule updated
8-24-2011 and is
subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUMMER HOURS	10am - 8pm	10am - 8pm	10am - 8pm	10am - 8pm	10am - 8pm	10am - 6:45pm	11am - 6:45pm
SEPTEMBER 6 - 30	10am-1pm and 4pm-7pm	10am-1pm and 4pm-7pm	10am-1pm and 4pm-7pm	10am-1pm and 4pm-7pm	10am-1pm and 4pm-7pm	10am-6:45pm	11am - 6:45pm
- weather permitting -							

SEE REVERSE SIDE FOR FAMILY FUN & SPECIAL EVENTS!

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.

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 needs. Lifeguard and other aquatic trainings will be held as necessary. Look for posted signs describing schedule changes.

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 swim test or going down 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 without pushing off the wall.
- 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 the pool ladder.

SLIDE GUIDELINES

You must pass a swim test before using the slide. (See above.) For your protection, slide feet first only, 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.



WHEN THE WHISTLE BLOWS, STOP AND LOOK TO THE LIFEGUARD FOR DIRECTION!

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 years of age cannot be in any of the aquatic areas without a parent in that same aquatic area.
- 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.
- Glass and metal objects are not permitted in the pool area.
- Water guns of any type are not allowed.
- Children ages 10 to 12 may visit the pool on their own if a parent is in the building. Children 13 years and over may use the pool on their own.
- Swimmers must wear appropriate swim attire. No Cut-offs allowed.
- Please change children's clothes and diapers in the appropriate changing areas of the facility, locker rooms and family changing room.
- People with open cuts, blisters and sores are advised to not use the pool.
- The YMCA may close the pool during inclement weather to ensure the safety of members and staff. Standard procedure is to wait up to 30 minutes after each lightning strike to reopen the pool areas. Lifeguards/management will also clear the pool during thunder under threatening skies.
- The lifeguard on duty has the ultimate authority and responsibility for the safe operation of the pool.

FAMILY FUN at the OUTDOOR POOL

MEMORIAL DAY POOL PARTY

Monday, May 30
12:00 - 2:00pm

Let's kick off the summer right with music, food and fun! Bring the entire family to the Outdoor Pool. We will provide the hot dogs and drinks. Please bring a side dish that you can share.

MELON MONDAYS

June 27
July 11 and 25
August 8 and 22
1:00pm and 4:00pm

Join us at 1pm and 4pm for watermelon races during the adult swim. Enjoy the watermelon afterwards and beat the summer heat!

TIE-DYE TUESDAYS

July 5 and 19
August 2, 16 and 30
1:00 - 3:00pm

Bring in a dyeable item (t-shirt, hat, socks, etc.) to tie-dye. We will supply the rubber bands and dye, then let your creation dry while you lounge at the pool.

WACKY WEDNESDAYS

Wednesdays, June 22 - August 31
4:00 - 6:00pm

Bring your favorite floats to the Outdoor Aquatic Center. (No water wings please.) Additional lifeguards will be on duty to ensure safety.

MONET THURSDAYS

Thursdays, June 30 - August 25
all day

Express your artistic and creative side and decorate the outdoor pool deck with chalk! Spend quality time with your family while designing fun and funky art poolside.

FREEZE POP FRIDAYS

June 24, July 8 and 22, and
August 5 and 19
1:00 - 4:00pm

Cool down your week with a refreshing swim and enjoy an icy freeze pop during the outdoor pool's adult swim.

SLAM 'N SUNDAYS

June 26 - September 25
2:00 - 5:00pm

Have you ever been caught in crocodile crossing or been hit by the piranha ball? Enjoy pool games with your family while basking in the sun and having so much fun!

INDEPENDENCE DAY PICNIC

Monday, July 4
12:00 - 2:00pm

Show your patriotism, wear your red, white and blue, and enjoy our poolside cookout. We will provide the hot dogs and drinks. Please bring a side dish to share.

LABOR DAY FUN DAY

Monday, September 5
12:00 - 2:00pm

Enjoy food, fun and the friendships the entire family has made this summer. As usual, we'll provide the hot dogs and drinks. Please bring a side item that you can share.

HOLIDAY OUTDOOR POOL HOURS:

Memorial Day 10:00am - 6:00pm

Independence Day 10:00am - 6:00pm

Labor Day 10:00am - 6:00pm

For questions or information regarding any of the Aquatics programs at the Great Bridge/Hickory Family YMCA, contact Aquatics Director, Lisa Dionne, at 757-546-9622 or ldionne@ymcasha.org

* All YMCA pools will close at 5:00pm on Saturday, July 30 for a Lifeguard In-Service Training *