



Great Bridge/Hickory Family YMCA - OUTDOOR POOL SCHEDULE

FALL HOURS - SEPTEMBER 8 - 30, 2009

(weather permitting)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00am - 1:00pm Open Swim	10:00am - 1:00pm Open Swim	10:00am - 1:00pm Open Swim	10:00am - 1:00pm Open Swim	10:00am - 1:00pm Open Swim	10:30am - 6:45pm	11:00am - 6:45pm
4:00pm - 7:00pm Open Swim	4:00pm - 7:00pm Open Swim	4:00pm - 7:00pm Open Swim	4:00pm - 7:00pm Open Swim	4:00pm - 7:00pm Open Swim	Open Swim	Open Swim

updated 8/18/2009

OUTDOOR POOL RULES & GUIDELINES

LAP SWIM GUIDELINES

At least one lane will always be available for lap swim.
Lap swim includes water walking, senior swim & therapeutic swim.
Pool usage may be altered to accommodate need.
Lifeguard and other aquatic training will be held as necessary.

SLIDE GUIDELINES

You must pass a 25-meter swim test before using the slide.
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.

Your safety is our utmost concern!
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. CHILDREN UNDER 10 YEARS OF AGE 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 & dunking are not permitted.
 - Instructional flotation devices are allowed only under direct adult supervision.
 - Only Coast Guard approved life jackets (or approved safety flotation devices) are permitted under direct adult supervision. Arm "floaties" are not permitted. Please see a lifeguard to borrow a proper life jacket.
 - Glass & metal objects are not permitted in the pool area.
 - 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 please wear appropriate swim attire. No cut-offs are allowed.
 - Please change children's clothes and diapers in the appropriate changing areas of the facility, the locker rooms and family changing room.
 - 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.

