



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

GREAT BRIDGE/HICKORY FAMILY YMCA

		Monday	Tuesday	Wednesday	Thursday	Friday	RECREATIONAL POOL	
LAP POOL	OPEN SWIM 5 - 8am	OPEN SWIM 5 - 6am Program 6 - 7am OPEN SWIM 7 - 8am	OPEN SWIM 5 - 8am	OPEN SWIM 5 - 6am Program 6 - 7am OPEN SWIM 7 - 8am	OPEN SWIM 5 - 8am	<div style="border: 1px solid black; padding: 2px;">*** TRI CLUB *** practices Fridays 8:30-9:30am</div>	- updated 3-23-2012 - Schedule is subject to change.	
	Program 8 - 9am	Program 8 - 9am	Program 8 - 9am	Program 8 - 9am	Program 8 - 9am *Limited Lap Swim* *** 8:30-9:30am ***	LAP SWIM Masters Swim 8 - 9am		
	OPEN SWIM 9 - 10am	OPEN SWIM 9 - 10am	OPEN SWIM 9 - 10am	OPEN SWIM 9 - 10am	OPEN SWIM 9 - 10am	Programs 9 - 11am		
	Programs 10am - 12pm	Programs 10am - 12pm	Programs 10am - 12pm	Programs 10am - 12pm	Programs 10am - 12pm	OPEN SWIM 11am - 6:45pm		
	OPEN SWIM 12 - 4:30pm	OPEN SWIM 12 - 4:30pm <small>Home School Swim Lessons 1 - 2PM - Open Swim limited -</small>	OPEN SWIM 12 - 4:30pm	OPEN SWIM 12 - 4:30pm <small>Home School Swim Lessons 1 - 2PM - Open Swim limited -</small>	OPEN SWIM 12 - 10:30pm	<div style="border: 1px solid black; padding: 2px;"> SWIM TEAM practice 11:30am-1pm 1 lane OPEN for LAP SWIM </div>		
	Programs 4:30 - 8:30pm	Programs 4:30 - 8:30pm	Programs 4:30 - 8:30pm	Programs 4:30 - 8:30pm	Programs 4:30 - 8:30pm		<div style="border: 1px solid black; padding: 2px;"> NOTE: Limited swim space available during swim lessons </div>	
	<div style="border: 1px solid black; padding: 2px;"> SWIM TEAM practice 6:00 - 8:30 (Monday - Thursday) 1 lane OPEN for LAP SWIM during this time </div>						<div style="border: 1px solid black; padding: 2px;"> *** TRI CLUB *** practices Fridays 6:30-7:30pm </div>	
	OPEN SWIM 8:30 - 10:30pm	OPEN SWIM 8:30 - 10:30pm	OPEN SWIM 8:30 - 10:30pm	OPEN SWIM 8:30 - 10:30pm	OPEN SWIM 8:30 - 10:30pm	Schedule is subject to change for special events. Consult www.ymcashr.org CALENDAR OF EVENTS under the Great Bridge/Hickory location.		
								Saturday
								Sunday

		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
	Program 9 - 10am	Program 9 - 10am	Program 9 - 10am	Program 9 - 10am	Program 9 - 10am	Program 9 - 10am	Programs 8 - 11am
	OPEN SWIM 10am - 12pm	OPEN SWIM 10am - 12pm	OPEN SWIM 10am - 12pm	OPEN SWIM 10am - 12pm	OPEN SWIM 10am - 12pm	OPEN SWIM 10am - 12pm	OPEN SWIM 11am - 6:45pm
	<div style="border: 1px solid black; padding: 2px;"> Limited OPEN SWIM 10-11:30am - Monday through Thursday during Swim Lessons </div>						
	Program 12 - 1pm	Program 12 - 1pm	Program 12 - 1pm	Program 12 - 1pm	Program 12 - 1pm	Program 12 - 1pm	Sunday
	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
	Limited OPEN SWIM 3 - 6:30pm	Limited OPEN SWIM 3 - 6:30pm	Limited OPEN SWIM 3 - 6:30pm	Limited OPEN SWIM 3 - 6:30pm	Limited OPEN SWIM 3 - 6:30pm	OPEN SWIM 3 - 10:30pm	
	OPEN SWIM 6:30 - 10:30pm	OPEN SWIM 6:30 - 10:30pm	OPEN SWIM 6:30 - 10:30pm	OPEN SWIM 6:30 - 10:30pm	OPEN SWIM 6:30 - 10:30pm		
	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> See reverse for POOL RULES </div>						

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.

TWIN SLIDE HOURS	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.



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OUTDOOR POOL SCHEDULE

GREAT BRIDGE/HICKORY FAMILY YMCA

Schedule updated 3-21-2012
and is subject to change

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 8 - 14 SPRING BREAK	EASTER SUNDAY - CLOSED -	1 - 5PM	1 - 5PM	1 - 5PM	1 - 5PM	1 - 5PM	10AM - 6:45PM
APRIL 15 - JUNE 13 SPRING Hours	11AM - 6:45PM	10AM - 1PM 4PM - 7PM	10AM - 1PM 4PM - 7PM	10AM - 1PM 4PM - 7PM	10AM - 1PM 4PM - 7PM	10AM - 1PM 4PM - 7PM	10AM - 6:45PM
JUNE 14 - SEP 3 SUMMER Hours	11AM - 6:45PM	10AM - 8PM	10AM - 8PM	10AM - 8PM	10AM - 8PM	10AM - 8PM	10AM - 6:45PM
One lane open for lap swim during Swim Team practice 6 - 8pm							

**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 14 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 only if they have passed the swim test AND 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 28
12:00 - 2:00pm

Let's kick off the summer 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 25
July 9 and 23
August 6 and 20
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!

MONET THURSDAYS

Thursdays, June 28 - August 30
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.

INDEPENDENCE DAY PICNIC

Wednesday, 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.

TIE-DYE TUESDAYS

July 10 and 24, August 7 and 21
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.

FREEZE POP FRIDAYS

June 22, July 6 and 20, and
August 3 and 17
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.

LABOR DAY FUN

Monday, September 3
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.

WACKY WEDNESDAYS

Wednesdays, June 20 - August 29
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.

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@ymcashr.org

HOLIDAY OUTDOOR POOL HOURS:

Memorial Day 10:00am - 6:00pm

Independence Day 10:00am - 6:00pm

Labor Day 10:00am - 6:00pm

* All YMCA pools will close at 5:00pm on **Saturday, July 28** for a Lifeguard In-Service Training *