



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR AQUATICS

BLOCKER NORFOLK FAMILY YMCA

January–May

Indoor Aquatic Center

Operating Hours

Mon–Thurs 5:00am–9:45pm
Fri 5:00am–8:45pm
Sat–Sun 7am–6:45pm
Hot Tub is available at all times (within age guidelines).

Lap Swim Key

#L represents the number of lap lanes available at the given time. At least one lane will be available during other scheduled activities.

Water Exercise classes will be provided three lap lanes of the pool if there are 17 or more participants prior to class start time. All other times, Water Exercise will benefit from use of two lap lanes for class.

Inclement Weather

The Y may close the pool during inclement weather. All attempts are made to keep the pool open and wait out the storm, however, management may delay opening or close the pool to ensure the safety of members and staff.

Standard procedure is to wait 20 minutes after each lightning strike. Lifeguards/management will also clear the pool during thunder under threatening skies.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5–6am 6L 8–9am 4/3L	5–6am 6L 8–9am 4/3L	5–6am 6L 8–9am 4/3L	5–6am 6L 8–9am 4/3L	5–6am 6L 8–9am 4/3L	7–9am 5L	7–9am 6L
Water Exercise	8–9am	8–9am	8–9am 9:30–10:30am	8–9am	8–9am	Open Swim 8–9am	
Lap Swim	9am–12pm 3L 12–3pm 5L	9am–12pm 3L 12–3pm 5L	9am–12pm 3L 12–3pm 5L	9am–12pm 3L 12–3pm 5L	9am–12pm 4L	9am–12:30pm 2L	9am–6:45pm 4L
Swim Lessons	9am–12pm	9am–12pm	9am–12pm	9am–12pm	Open Swim 9am–12pm	Swim Lessons 9–12:30pm 10am–12:30pm	Open Swim 9am–6:45pm
Sentara	9am–12pm	9am–12pm	9am–12pm	9am–12pm	Sentara 9am–12pm		Slide Open 3–5pm
Lap Swim	12–3pm 5L 3–6:30pm 3L	12–3pm 5L 3–6:30pm 3L	12–3pm 5L 3–6:30pm 3L	12–3pm 5L 3–6:30pm 3L	12–4:30pm 4L	Open Swim 10am–6:45pm	
Open Swim	12–3pm 4–6:30pm	12–3pm 4–6:30pm	12–3pm 4–6:30pm	12–3pm 4–6:30pm	Open Swim 12–8:45pm	Lap Swim 12:30–6:45pm 4L	Slide Open 3–5pm
Swim Lessons	3–8:30pm	3–8:30pm	3–8:30pm	3–8:30pm			
Lap Swim	6:30–7:30 3/2L 7:30–9:45 4L	6:30–7:30 4/3L 7:30–8:30 3L 8:30–9:45 4L	6:30–7:30 3/2L 7:30–9:45 4L	6:30–7:30 4/3L 7:30–9:45pm 4L			
Open Swim	8:30–9:45pm	Water Exercise 6:15–7:15pm Open Swim 8:30–9:45pm	Water Boot Camp 7:00–8:00pm Open Swim 8:30–9:45pm	Water Exercise 6:15–7:15pm Open Swim 7:30–9:45pm			



AQUATIC CENTER 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!

POOL GUIDELINES

- YMCA swimming pools are only to be used when a lifeguard is on duty.
- Please shower before entering the swimming pool.
- Persons with open cuts, sores or blisters are not permitted in the swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants (disposable diapers are not permitted).
- Please use appropriate changing facilities (on-deck changing of any age is prohibited).
- A parent/guardian must be supervising his/her child (9 years and younger) at all times. Non-swimmers must be within arm's reach of a parent or supervising guardian at all times.
- Children ages 10–12 may use the pool only if a responsible adult is on the Y's premises and the child has passed the YMCA of South Hampton Roads Swim Test. Please refer to the member guide for all age guidelines and definitions.
- Swimmers must wear appropriate swimwear (no jeans or cut-offs; swimsuits only). The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Children wearing Coast Guard approved flotation devices and non-swimmers must be within arm's reach of a parent. Water wings (arm floaties) are not permitted. The aquatic director may make exceptions based on special needs of the swimmer and inspection of the device.
- Glass or metal objects are not permitted in the pool area and any food consumed must be at least 10' from the edge of the swimming pool. Chewing gum, tobacco products and alcohol are not permitted in the Y's aquatic environments.
- Feet-first entries only. No diving. Flips, spins or back dives are not permitted from the side of the pool. Diving is permitted in swimming pools with a minimum of 9' of water during posted times.
- Running, horse playing, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Hanging on lane lines, safety ropes and basketball hoops is not permitted.

- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- Floats and rafts are only permitted during designated times and when posted in advance.
- Fins and snorkels are only permitted in lap lanes. On occasion during peak demand, the aquatic director may restrict usage of fins to ensure the safety of other swimmers.
- When the whistle blows, look to a lifeguard immediately!
- Any act deemed unsafe by the lifeguard or management will not be tolerated.
- YMCA management may close the pool at any time to ensure the safety of patrons. All pools will be closed for at least 20 minutes when lightning and/or thunder is observed.

HOT TUB GUIDELINES

- Youth ages 12 and younger are required to pass the YMCA of South Hampton Roads Swim Test prior to use.
- Flotation devices or toys are not permitted when using the slide.
- Swimwear with exposed zippers, buckles, rivets or metal ornaments are not permitted.
- Jewelry (rings, watches, anklets, etc.) and goggles are not permitted on the water slides (exceptions include break away swim necklaces or rubber wrist identification bands issued by the Y).
- Only one person is permitted on the water slide or the slide entry ladder at a time.
- Wait for lifeguards' instructions and start signal before sliding.
- Slide feet first in a layout position on your back only (head first is not permitted).
- Clear the splash zone immediately after sliding.
- Exit the pool quickly on the designated side for each slide.
- Obey all lifeguard instructions.

SLIDE GUIDELINES

- Youth ages 12 and younger are required to pass the YMCA of South Hampton Roads Swim Test prior to use.
- Flotation devices or toys are not permitted when using the slide.
- Swimwear with exposed zippers, buckles, rivets or metal ornaments are not permitted.
- Jewelry (rings, watches, anklets, etc.) and goggles are not permitted on the water slides (exceptions include break away swim necklaces or rubber wrist identification bands issued by the Y).
- Only one person is permitted on the water slide or the slide entry ladder at a time.
- Wait for lifeguards' instructions and start signal before sliding.
- Slide feet first in a layout position on your back only (head first is not permitted).
- Clear the splash zone immediately after sliding.
- Exit the pool quickly on the designated side for each slide.
- Obey all lifeguard instructions.

SWIM TEST

- Comfortably swim one length of the swimming pool (25 yards) without assistance.
- Pausing is allowed for the swimmer to rotate and breathe.
- Any stroke or combination of strokes are permissible, however, the swimmer must remain on top of the water (underwater swim not acceptable) and have some level of proficiency of the swim stroke.
- Tread water for 30 seconds.
- Exit the swimming pool either by steps, ladder or side.
- YMCA of South Hampton Roads Pool Rules are reviewed and a copy of the rules will be provided to the child.

YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. • www.ymcashr.org