



# POOL SCHEDULE

**SOUTHWEST YMCA**  
**March 3rd-April 27th**

**FOR YOUTH DEVELOPMENT**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## Family Recreational Pool

Sunday	10:00am-3:15pm
Monday	5:30am-9:00am 11:00am-5:15pm 8:00pm-9:00pm
Tuesday	5:30am-10:00am 11:00am-9:00pm
Wednesday	5:30am-5:15pm 7:30pm-9:00pm
Thursday	5:30am-9:00pm
Friday	5:30am-9:00pm
Saturday	7:00am-8:45am 1:00pm-6:30pm

## Lap Pool

Sunday	10:00am—3:15pm 3:30pm—6:30pm	3 lanes 2 lanes
Monday	5:30am-9:45am 9:45am-11:00am 11:00pm-5:30pm 5:30pm-7:00pm <b>7:00pm-8:00pm</b> 8:00pm-9:00pm	3 lanes 1 lanes 3 lanes 1 lane <b>NO LANE</b> 3 lanes
Tuesday	5:30am-9:00am 9:00am-10:00am 10:00pm-5:30pm 5:30pm-6:00pm <b>6:00pm-7:30pm</b> 7:45pm-9:00pm	3 lanes 2 lanes 3 lanes 1 lane <b>NO LANE</b> 3 lanes
Wednesday	5:30am-9:00am 9:00am-11:00am 11:00am-5:30pm 5:30pm-6:30pm <b>6:30pm-8:00pm</b> 8:00pm-9:00pm	3 lanes 1 lane 3 lanes 2 lanes <b>NO LANE</b> 3 lanes
Thursday	5:30am-9:00am 9:00am-10:00am 10:00am-5:30pm 5:30pm-6:00pm <b>6:00pm-7:00pm</b> 7:30pm-9:00pm	3 lanes 1 lane 3 lanes 1 lane <b>NO LANE</b> 3 lanes
Friday	5:30am—9:00am <b>9:00am-9:45am</b> 9:45am-11:00pm 11:00am-9:00pm	3 lanes <b>NO LANE</b> 1 lane 3 lanes
Saturday	7:00am—8:00am 8:00am-9:00am 9:00am—12:30pm 12:30pm—6:30pm	3 lanes 1 lanes 2 lanes 3 lanes

## Slide Hours

Sunday	10:00pm-3:15pm
Monday	2:00pm-5:00pm 8:00pm-9:00pm
Tuesday	10:00am-5:00pm 6:30pm-9:00pm
Wednesday	2:00pm-5:00pm 8:00pm-9:00pm
Thursday	10:00am-5:15pm 7:00pm-9:00pm
Friday	2:00pm-9:00pm
Saturday	1:00pm-6:30pm



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **POOL RULES**

## **SOUTHWEST YMCA**

**The pool may be closed for 10 minutes to allow the guard a break every 2 hours .**

### **Lap Swim**

- Swimmers age 17 and under must first take a deep water swim test. A bracelet must be worn after passing test. Swimmers under the age of 8 must have a parent swimming with them.
- Lap Swimmers are welcome to use pull buoys, kickboards and water weights.
- Anyone who chooses to swim with a Mermaid tail must first pass a swim test with it on
- You may need to circle swim if there are many swimmers.
- No underwater breath holding allowed.
- No diving allowed.

### **Slide Rules**

- Children must reach the height requirement of 48 inches and pass the deep water test to go on the slide.
- If child is under 8 years old and meets the above requirements a parent must wait by the bottom of the slide for their child.
- Only one person allowed on the slide at a time.

### **Open Swim Rules**

- Children under the age of 8 years old must have an adult (18+) in the pool water with them an arms length away.
- Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.
- Anyone age 17 and younger must wear a Red Wristband. Children who pass the "Deep End Test" will trade their Red Wristband for a Green Wristband. Wristbands must be worn by parents with children too young to walk.
- Only Coast Guard approved life jackets are allowed. No water wings, inner tubes, or swim suits with flotation devices inside of them. Flotation devices are only to be used in the shallow water. Adults need to be in arms length of child using lifejacket if being used to assist swimming.
- Noodles, lifejackets and balls may be used in the shallow water only. Diving rings may be used in the deep water.
- No underwater breath holding allowed.
- No diving allowed.
- Swimmers with Mermaid Tails must pass the swim test while wearing the tail to use them anywhere in the pool.

### **Rest Breaks**

Rest Breaks will be held the last ten minutes of every hour if there are 15+ kids in the pool.  
Adults ages 18+ do not have to exit the pool during Rest Breaks.  
Deep Water Tests will be conducted during these breaks.