



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

POOL SCHEDULE

**SOUTHWEST YMCA
January 5—March 28**

Family Recreational Pool

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

Slide Hours

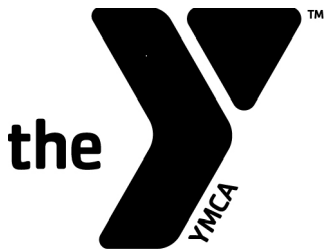
Sunday	10:00am—3:15pm
Monday	11:00am-1:00pm 2:00pm—5:00pm 7:45pm—9:00pm
Tuesday	10:45am—5:00pm 6:30pm—9:00pm
Wednesday	11:00am-12:45pm 2:00pm—5:00pm 7:30pm—9:00pm
Thursday	10:30am—5:15pm 7:30pm—9:00pm
Friday	11:00am-1:00pm 2:00pm—9:00pm
Saturday	11:00am—6:30pm

Lap Pool

Times listed below are available for lap swimmers

Sunday	10:00am—3:30pm 3:30pm—6:30pm	3 Lanes 2 Lanes
Monday	5:30am—8:30am 8:30am—10:00am 10:00am—11:00am 11:00am—5:30pm 5:30pm—8:00pm 8:00pm—9:00pm	3 Lanes 2 Lanes 1 Lane 3 Lanes 1 Lane 3 Lanes
Tuesday	5:30am—8:30am 8:30am—9:00am 9:00am—10:00am 10:00am—11:00am 11:00am—5:45pm 5:45pm—6:45pm 6:45pm—7:30pm 7:30pm—9:00pm	3 Lanes 2 Lanes 1 Lane 2 Lanes 3 Lanes NO LANE 1 Lane 3 Lanes
Wednesday	5:30am—9:00am 9:00am—11:00am 11:00am—5:45pm 5:45pm—7:00pm 7:00pm-7:45pm 7:45pm—9:00pm	3 Lanes 1 Lane 3 Lanes 2 Lanes NO LANE 3 Lanes
Thursday	5:30am—9:00am 9:00am—10:00am 10:00am—5:45pm 5:45pm—7:30pm 7:30pm—9:00pm	3 Lanes 1 Lane 3 Lanes NO LANE 3 Lanes
Friday	5:30am—9:00am 9:00am—9:45am 9:45am—11:00am 11:00am—9:00pm	3 Lanes NO LANE 1 Lane 3 Lanes
Saturday	7:00am—9:00am 9:00am—11:00am 11:00am—6:30pm	3 Lanes 1 Lane 3 Lanes

**Pool Rules and Swim Test information on the back.



**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 under the age of 15 must first take a deep water swim test. A bracelet must be worn after passing test.
- Swimmers under the age of 8 must pass the "Deep water test" and have an adult (18+) in the water with them an arms length away.
- Lap Swimmers are welcome to use pull buoys, kickboards and water weights.
- You may need to share a lane with one or more swimmers.
- No underwater breath holding allowed.
- No diving allowed.
- Lap Lanes are 25 yards in length

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 supervising, responsible adult in the pool water with them an arm length away.
- Appropriate swim wear must be worn in the pool. Clothing is not allowed in the pool.
- Anyone under the age of 15 must pass the "Deep End Test" to swim in 4+ foot area
- 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 prolonged underwater breath holding allowed.
- No diving allowed.

Swim Test Information

1. Swim 25 yards of freestyle or breast-stroke.
 - must have face in the water
 - feet must be kicking and not touch the ground
2. Tread Water in the deep end for 1 minute

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.