



# POOL SCHEDULE: May 28th – June 29th

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>MONDAY</b>	5:30-9:00 Lap Swim Y-Swim Team 6:00-7:30 3-Lanes	9:00-9:45 Water Fitness	9:45-4:20 Open Swim		1:00-3:00 Camp Swim		4:20-6:00 Y- Swim Team	6:00-7:45 Swim Lessons	7:45-8:30 Open Swim
OPEN LAP LANES	5	2-3	3		3	3	0	2	3
<b>TUESDAY</b>	5:30-9:00 Lap Swim	9:00-9:45 Water Fitness	10:00-11:05 Swim Lessons	11:05-4:20 Open Swim	1:00-3:00 Camp Swim		4:20-6:00 Y- Swim Team	6:00-7:45 Swim Lessons & No Lap Lanes Open	7:45-8:30 Open Swim
OPEN LAP LANES	5	1	2-3	3	3	3	0	0	3
<b>WEDNESDAY</b>	5:30-9:00 Lap Swim Y-Swim Team 6:00-7:30 3-Lanes	9:00-9:45 Silver Splash	9:45-11:05 Open Swim	11:05-4:20 Open Swim	1:00-3:00 Camp Swim		4:20-6:05 Y- Swim Team	6:05-8:30 Open Swim	
OPEN LAP LANES	5	1	2-3	3	3	3	0	3	
<b>THURSDAY</b>	5:30-9:00 Lap Swim	9:00-9:45 Water Fitness	10:00-11:05 Swim Lessons	11:05-4:20 Open Swim	1:00-3:00 Camp Swim		4:20-6:00 Y- Swim Team	6:00-7:45 Swim Lessons	7:45-8:30 Open Swim
OPEN LAP LANES	5	1	2-3	3	3	3	0	2	3
<b>FRIDAY</b>	5:30-9:00 Lap Swim Y-Swim Team 6:00-7:30 3-Lanes	9:00-1:00 Open Swim			1:00-3:00 Pool Closed	3:00- 8:00 Open Swim			
OPEN LAP LANES	5	3-4			0	3			
<b>SATURDAY</b>	7:00-9:00 Lap Swim	9:00-10:00 Open Swim	10:00-11:40 Swim Lessons	11:40- 4:30 Open Swim		<b>SUNDAY</b>	11:00- 3:30 Open Swim		
OPEN LAP LANES	5	3	3	3		OPEN LAP LANES	3		

## UPCOMING POOL CLOSINGS:

- Y Swim Team will be in the in the morning 6:00-7:30am in 3 lanes starting June 3rd - July 24th
- Marlington School will be in the pool June 3rd , 4th & 5th from 10:00am-12:00pm
- Pool & Hot Tub will be closed on Jun 12th, 26th, 28th from 4:30pm till the end of YMCA Swim Meet.

(Schedule & lap lane availability is subject to change.)



# POOL GUIDELINES

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## **Open Swim Guidelines:**

- All Children under the age of 6 must be accompanied by an Adult with in arms reach in the water and on the deck at all times
- To swim without a parent or guardian, children must be: 6 years of age or older AND 48" tall (YELLOW BAND) OR have passed the deep water test (GREEN BAND). This applies whether they are using the small pool or large pool.
- All Swim band policy and rules will apply. Deep Water Test: for anyone 6 years & up to high school. Swim one length of pool (25 yds.), front crawl with face in water, breathing without hesitation and above water arm recovery. Jump in the deep end and resurface. Tread water for 30 seconds. Float on back and go from floating position to prone/standing position. At the guard's discretion, participant may be asked to retake the test at any time. Contact the Aquatic Director to schedule a testing time.
- **WRISTBAND POLICY:** Yellow Band—Child must be at least 6 years of age and 48 inches tall (lifeguard will measure child on pool deck). Child not permitted in Lap Lanes or Deep End and must have an Adult in the water with them. On next visit child will get wrist band when he/she scans in the building.
- **Yellow Band:** Ages 6+ and 48 inches tall (lifeguard will measure child on pool deck). On next visit child must get wrist band upon entering building at Membership Desk. Child not permitted in lap lanes or deep end and must have an adult in the water with them
- **Green Band:** Child must be at least 6 years of age and have passed the Deep Water test. Deep Water testing days/times listed above. On next visit child will get wrist band when he/she scans in the building.
- **LAP Swim:** FOR ONLY GREEN BAND SWIMMERS, HIGH SCHOOL AND ADULTS
- **Whirlpool Hours:** The whirlpool is open whenever the pool is open, except during swim meets or Family Events.
- **Whirlpool:** For members at least 18 years of age.

