

North Area Family YMCA Pool Schedule

7/5/10 – 8/27/10

Revised 7-26-10

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Closed	CLOSED
6:00am-7:00am	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	5 Lap Lanes	CLOSED
7:00am	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	5 Lap Lanes	CLOSED
7:30am	7:45 Arthritis in Shallow Deep open/ 2 laps	7:45 Stretch & Tone Deep open/ 1 lap	7:45 Arthritis in Shallow Deep open/ 2 laps	Open / 3 Lap Lanes	7:45 Arthritis in Shallow 2 laps	5 Lap Lanes	CLOSED
8:00am	Arthritis in Shallow Deep open/ 2 laps	Stretch & Tone Deep open/ 1 lap	Arthritis in Shallow Deep open/ 2 laps	8:15 Stretch & Tone Deep open/ 1 lap	Arthritis in Shallow Deep open/ 2 laps	Deep water Fitness/ 1lap	Masters Swim
8:30am	Deep & Shallow fitness 1 lap	Deep & Shallow fitness	Deep & Shallow fitness 1 lap	Stretch & Tone Deep open/ 1 lap	Aqua Combo 1 lap	Deep water Fitness/1 lap	Masters Swim
9:00am	Deep & Shallow fitness 1 lap	Deep & Shallow fitness	Deep & Shallow fitness 1 lap	Deep & Shallow fitness	Aqua Combo 1 lap	Lessons 1 lap lane	9:15 Open 3 lap lanes
9:30 am	Camp Y-Noah	Camp Y-Noah	Camp Y-Noah	Deep & Shallow fitness	Camp Y-Noah	Lessons 1 lap lane	Open 3 Laps Lanes
10:00am	Camp Y-Noah	Camp Y-Noah	Camp Y-Noah	Swim lessons Deep open / 1 lap	Camp Y-Noah	Lessons 1 lap lane	Open 3 Laps Lanes
10:30am	Camp Y-Noah	Camp Y-Noah	Camp Y-Noah	Swim lessons Deep open / 1 lap	Camp Y-Noah	Lessons 1 lap lane	Open 3 Laps Lanes
11:00am	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Swim Lessons 1 Lap Lanes	Open / 3 Lap Lanes	Lessons 1 lap lane	Open 3 Laps Lanes
11:30am	Aqua YOGA Deep open/ 1 lap	Open / 3 Lap Lanes	Stretch & Tone Deep open/ 1 lap	Swim Lessons 2 Lap Lanes	Stretch & Tone Deep Open 1 lap	Lessons 1 lap lane	Open 3 Laps Lanes
12:00pm	Aqua YOGA Deep open/ 1 lap	Open / 3 Lap Lanes	Stretch & Tone Deep open/ 1 lap	Deep Open 3 lap lanes	Stretch & Tone Deep open/ 1 lap	Lessons 1 lap lane	Open 3 Laps
12:30pm	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Lessons 1 lap lane	Open 3 Laps Lanes
1:00pm	Swim Lesson Deep open/ 3 Lap Lanes	Open / 3 Lap Lanes	Swim Lesson Deep open/ 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open 3 Laps Lanes	Open 3 Laps Lanes
1:30pm	Swim Lesson Deep open/ 3 Lap Lanes	Open / 3 Lap Lanes	Swim Lesson Deep open/ 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open 3 Laps Lanes	Open 3 Laps Lanes
2:00pm	Camp Y-Noah	Open / 3 Lap Lanes	Camp Y-Noah	Open / 3 Lap Lanes	Camp Y-Noah	Open 3 Laps Lanes	Open 3 Laps Lanes
2:30pm	Camp Y-Noah	Open / 3 Lap Lanes	Camp Y-Noah	Open / 3 Lap Lanes	Camp Y-Noah	Open 3 Laps Lanes	Open 3 Laps Lanes
3:00pm	Camp Y-Noah	Open / 3 Lap Lanes	Camp Y-Noah	Open / 3 Lap Lanes	Camp Y-Noah	Open 3 Laps Lanes	Open 3 Laps Lanes
3:30pm	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open / 3 Lap Lanes	Open 3 Laps Lanes	Open 3 Laps Lanes
4:00pm	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Open 3 Laps Lanes	Open 3 Laps Lanes
4:30pm	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Open 3 Laps Lanes	Open 3 Laps Lanes
5:00PM	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Open 3 Laps Lanes	CLOSED
5:30pm	Swim Lessons	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Deep Water Fitness SL	Open 3 Laps Lanes	CLOSED
6:00pm	Swim Lessons 1/ lap	Swim Lessons	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Deep Water Fitness SL	CLOSED	CLOSED
6:30pm	Swim Lessons	Swim Lessons	Swim Lessons 1/ lap	Swim Lessons	Swim Lessons Swim Team	CLOSED	CLOSED
7:00pm	Swim Lessons	Swim Lessons	Swim Lessons 1/ lap	Swim Lessons	Open / 1 Lap lane Swim Team	CLOSED	CLOSED
7:30pm	Aqua Combo Swim Lessons	Deep Water Fitness Shallow open	Swim Lessons 1/ lap	Swim Lessons 1/ lap	Open / 1 Lap lane Swim Team	CLOSED	CLOSED
8:00pm	Aqua Combo	Deep Water Fitness 1 lap; Shallow open	Open / 3 Lap lanes	Open / 3 Lap lanes	Open / 3 Lap lanes	CLOSED	CLOSED
8:30pm	Masters Swim / 1 Lap	Open Swim / 3 laps	Masters Swim / 1 lap	Open Swim / 3 laps	Open Swim / 3 laps	CLOSED	CLOSED
9:00pm	Masters Swim / 1 Lap	Open Swim / 3 laps	Masters Swim / 1 lap	Open Swim / 3laps	Open Swim / 3laps	CLOSED	CLOSED
9:30pm	Open Swim / 3 laps	Open Swim / 3 laps	Open Swim / 3 laps	Open Swim / 3laps	Open Swim / 3laps	CLOSED	CLOSED
10:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

** Please note five min. prior to camp sessions we will be moving lanes lines**

North Area Family YMCA Pool Schedule

7/5/10 – 8/27/10

- All participants subject to swim test
- Children within arms reach of a parent at all times
- No diving in less than 9 feet of water
- No breath holding activities
- The lifeguard has the FINAL AUTHORITY in any situation

General Rules

At times of high bather load, admission to the pool may be limited- Pool Capacity is 107

Remove shoes when on the pool deck

Shower before entering the pool

Diapers are not allowed in the pool. Non-toilet trained swimmers must wear rubber pants over swimming diaper

Pollution of swimming pool prohibited: urinating, discharge of fecal matter, expectorating (spitting), or blowing the nose in the pool is prohibited

Remove bandages and metal hair clips before entering pool

Do not bring food, drink, glass containers, or gum into the pool area

No running or horseplay

No jumping or diving in the shallow end of the pool

No playing on ladders; Starting blocks are for swim team & swim lessons only

No hanging on safety ropes

Look up immediately when the lifeguard's whistle is blown

Only US Coast Guard floatation devices may be worn in the pool, with the following exceptions

Ⓞ Participants may use "bubbles" during Open Swim

Ⓞ Adults may use floatation belts during Open Swim

Ⓞ No floatation devices are allowed in the deep end except for belts used by adults

All children 3.5 feet or less at the shoulder or that use any floatation aid to swim must be accompanied by an adult in the water.

Adult must be in arm's reaching in the pool at all times.

All children under age 8 must be supervised by an adult in the pool area

Please leave personal pool play equipment at home; we have noodles and beach balls.

All participants who want to swim in the deep end must pass the following test:

Ⓞ Swim 25 yards of front crawl or paddle stroke with head above the water then tread water for 30 Seconds (without any type of PFD, IFD, or assistance)

Remember- The lifeguard has the authority to judge the abilities of any swimmer who wants to swim in the deep end.

Feet first jumping permitted from the sides of the deep end between the lifeline and the backstroke flags

Front standing dives only- no flips, cannonballs, jackknives, etc.

Exit to the side immediately after diving- past the backstroke flags

Lap lanes must be used for continuous swimming only

Circle swim to the right when there are 3 or more swimmers in a lane. Pass only to the left at the end of lanes; Allow faster swimmers to pass

Look before turning; check ahead and behind before passing lane time may be limited to 30 minutes in the event of high traffic

Kickboards, pull-buoys, and flippers may be used in lap lanes

Wear appropriate swim attire; gym shorts, cut-offs, or street clothes are not permitted in pool

** Please note five min. prior to camp sessions we will be moving lanes lines**