



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------|---|-----------------------------------|---|----------------------------------|------------------------------------|------------------------------|
| Lap Swim 5:30am - 8:00am | Lap Swim & Water Fitness 5:30am - 8:00am | Lap Swim 5:30am - 8:00am | Lap Swim & Water Fitness 5:30am - 8:00am | Lap Swim 5:30am - 8:00am | Lap Swim 8:00am - 10:00am | |
| H2O Aerobics 8:00am - 9:00am | H2O Aerobics 8:00am - 9:00am | H2O Aerobics 8:00am - 9:00am | H2O Aerobics 8:00am - 9:00am | | Aqua Zumba 10:00am - 11:00am | |
| Water Fitness 9:00am - 12:00pm | Water Fitness 9:00am - 12:00pm | Water Fitness 9:00am - 12:00pm | Water Fitness 9:00am - 12:00pm | Water Fitness 8:00am - 9:00am | Water Fitness 11:00am - 12:00pm | |
| Lap Swim 12:00pm - 1:00pm | Lap Swim 12:00pm - 1:00pm | Lap Swim 12:00pm - 1:00pm | Lap Swim 12:00pm - 1:00pm | Lap Swim 12:00pm - 1:00pm | | |
| Swim Club 1:00pm - 2:30pm | Swim Club 1:00pm - 2:30pm | Swim Club 1:00pm - 2:30pm | Swim Club 1:00pm - 2:30pm | | | |
| Open Swim 2:30pm - 6:15pm | Open Swim 2:30pm - 4:00pm | Open Swim 2:30pm - 4:00pm | Open Swim 2:30pm - 4:00pm | Open Swim 1:00pm - 4:30pm | Open Swim 12:00pm - 4:45pm | Open Swim 1:00pm - 4:45pm |
| Open Swim 5:15pm - 6:15pm | Swim Lessons 4:00pm - 6:00pm | Open Swim | Swim Lessons 4:00pm - 6:00pm | Childcare 4:30pm - 5:30pm | | |
| Swim Club 5:15pm - 6:15pm | Swim Club 5:15pm - 6:15pm | Swim Club 5:15pm - 6:15pm | Swim Club 5:15pm - 6:15pm | | | |
| H2O Aerobics 6:15pm - 7:15pm | Aqua Tabata 6:15pm - 7:15pm | | Open Swim 6:20pm - 8:00pm | Open Swim 5:30pm - 7:45pm | | |
| Open Swim 7:15pm - 8:00pm | Open Swim 7:15pm - 8:00pm | Open Swim 7:15pm - 8:00pm | | | | |

CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.

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Activities indicated in **BLUE** are instructor-led classes. The participants in these classes must have the ability to hear the instructor with no distraction. Please be mindful of others and the activities taking place.

TO UTILIZE THE DEEP END, ALL, SWIMMERS YOUNGER THAN 12 YEARS OF AGE MUST TAKE A SWIM TEST ANNUALLY.

(Those who lack strong swim skills may be required to perform the swim test.)

The swim test is as follows:

Enter water by jumping in and surfacing to the top, tread water for 60 seconds, swim the length of the pool consistently and unassisted showing a front crawl stroke, float on the back showing the skill is efficient.

Inclement Weather Policy:

Pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins.



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Age Restrictions for Pool Usage

8 and under -

must be accompanied in the water arms length away at all times by an individual 18 years or older

9 and older -

Supervision is recommended (Parent must stay within building).

Any individual wearing a flotation device -

must be accompanied in the water at all times by an individual 18 years or older with arms reach.

Open Swim -

Children and Adults are allowed to be in the pool. 2 lap lanes will be kept in for lap swim but once the pool capacity reaches 30 we will remove 1 lane. Once the pool reaches 40 all lanes will be removed.

Swim Lessons/Swim Club -

The pool will be closed to all members and public during this time.

(if applicable) 2 lanes will remain in the pool during swimming lessons.

Lap Swim -

During this time no water fitness activities are allowed in the pool other than swimmers swimming laps.

Water Fitness -

2 lanes will remain in the pool so long as the attendance does not exceed those expressed in our Open Swim times.

H2O Aerobics/Aqua Zumba®/Aqua Tabata/H2O

Silver Sneakers

During this time there will be no other activity other than the those given by the instructor allowed in the pool.

**CHILDREN OR PLAY-TIME IS
ONLY ALLOWED DURING
OPEN SWIM**

SWIMMING POOL SCHEDULE

Pool Dress Code:

- Shower before you enter the pool
- Proper swim attire must be worn at all times.
Gym shorts, cut-off jeans, cloth and disposable diapers are prohibited.
- U.S. Coast guard approved lifejackets and wearable foam floatation devices are allowed.

Rules:

- Swimming without a lifeguard is prohibited.
- No gym shorts, cut-off jeans, cloth and disposable diapers are prohibited.
- U.S. Coast guard approved lifejackets and wearable foam floatation devices are allowed in the shallow end only and an adult must be within arms length at all times.
- Children under 16 years must pass a swim test before they are permitted in the deep end.
- Enter the water facing forward. Diving, flips, back dives and jumps are prohibited.
- Running and horseplay of any kind is not permitted on the deck, in the pool, or locker rooms.
- Person with bandages, open wounds, infectious disease or inflamed eyes are not permitted in the pool.
- Breathe-holding activities are not permitted.
- Food, candy, gum, and drinks of any sort are not permitted in the pool area.
- Hanging on lap lanes, float lines, ladders and rails is not permitted.
- Do not engage in conversation with the guard on duty.