



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# CENTRAL FAMILY CENTER POOL SCHEDULE

Effective June 2 - August 23

Time/Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Shallow Water Aqua X (7:00a - 8:00a) 2 Lap Lanes Available					POOL CLOSED	
8:00 AM	Deep Water Aqua X (8:00a - 8:55a) Group Swim Lessons (8:00a - 11:00a) 1 Lap Lane Available				CLOSED Staff Training (8:00a-9:00a)	Group Swim Lessons (8:00a-11:00a) Water X 10:45a 1 Lap Lane Available	POOL CLOSED
9:00 AM					Family Open Swim (9:00a-1:00p) 1 Lap Lane*		
10:00 AM							
11:00 AM	Family Open Swim (11:00a - 1:00p) 1 Lap Lane Available			Family Open Swim (9:00a-1:00p) 1 Lap Lane*	Family Open Swim (12:30p - 4:30p) 1 Lap Lane Available		
12:00 PM							
1:00 PM	CLOSED - Day Camp Swim (1:00p - 2:30p) No Lap Lanes Available	Family Open Swim (1:00p-2:30p) Wed. Only		CLOSED - Day Camp Swim (1:00p - 2:30p) No Lap Lanes Available		Family Open Swim (12:30p - 4:30p) 1 Lap Lane Available	
2:00 PM	Family Open Swim (2:30p - 4:45p) 1 Lap Lane Available						
3:00 PM							
4:00 PM							
5:00 PM	Group Swim Lessons (5:00p-7:00p) 1 Lap Lane Available				Family Open Swim (5:00p-7:30p) 1 Lap Lane *	POOL CLOSED	
6:00 PM							
7:00 PM	Family Open / Lap (7:00p- 8:30p) 1 Lap Lane Available **Pool Closes @ 8:30p**				POOL CLOSED		
8:00 PM							

- Family open swim times may be cancelled or shortened for makeup swim lessons.



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## Central YMCA Pool Rules

1. Children under the age of 13 must be accompanied by an adult.
2. Lap lanes should be used for swim lessons and/or lap swimming only. Masks and fins are permitted by lap swimmers only.
3. Inflatable flotation devices are not permitted.
4. Horseplay, throwing and/or unnecessary roughness is not permitted. No flips, back dives, cartwheels or jumping into the pool backwards.
5. Equipment is for intended use by swim lessons and Aqua X classes only.
6. Do not hang on lane lines or safety lines, swimmers should swim under these barriers.
7. Glass and gum are NOT allowed in the pool area. Drinks should be in a closed container.
8. Only coast guard approved PFD's (personal flotation device) are allowed.
9. No running on the pool deck.
10. Diving is only allowed from the north side of the deep end, where water depth is 9 ft.
11. No swimming allowed unless lifeguard is on duty.
12. No cutoffs, denim, or gym shorts allowed in the pool. Appropriate swim attire required, a lined bathing suit.
13. Pool entry will be refused to individuals with infectious/contagious diseases, rashes, fever, open wounds, etc.
14. All children not toilet trained are required to wear swim diapers.
15. Diaper changing is prohibited on the pool deck and swim suit changing should be done in the locker room or in a closed bathroom stall.
16. Pets Restricted.
17. Prolonged breath holding is prohibited.
18. For the safety of our members, we will require all children under the age of 18 to successfully pass a swim test before they are allowed to swim in deep water.
  - *Children that do not pass the swim test must always be within arm's length of an actively involved adult caregiver who is in the water with the child, or be wearing a properly fitted USCG approved personal flotation device (PFD).*

**LIFEGUARD HAS FULL AUTHORITY IN ENFORCING POOL RULES  
FAILURE TO FOLLOW THE RULES WILL RESULT IN REMOVAL FROM**