



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN SWIM

2019 WINTER POOL HOURS COOPER STREET FAMILY CENTER - Effective 12/01/18

Day	Times
Monday - Wednesday	1:00-4:00 pm 7:15-9:00 pm
Thursday	1:00-4:00pm 7:15-8:30pm
Friday	12:30-7:45pm
Saturday	12:00-4:45pm
Sunday	1:00-4:45pm

Family (Open) swim is a scheduled time for members and guests to utilize the Open areas in the pool for recreational swim. Certain areas may be closed off due to other activities taking place.

Children ages 7years and younger must be accompanied by an adult.

LAP SWIM

Day	Times	Open Lanes
Monday - Wednesday	5:00-7:30am	3
	7:30-11:45am	1
	11:45-4:00pm	2
	4:00-9:00pm	1
Thursday	5:00-7:30am	3
	7:30-11:45am	1
	11:45-4:00pm	2
	4:30-8:30 pm	1
Friday	5:00-8:00am	4
	8:00-4:00pm*	2
	4:00-7:45pm*	2
Saturday	7:30-8:30am	2
	8:30-4:45pm	1
Sunday	12:00-1:00pm	3
	1:00-4:45pm	1

The number of lanes and swimming times may be subject to change.
(*) Only one lane available if make-up lessons are scheduled.



If you have any additional questions please contact:
Cooper Street Family Center
7120 South Cooper· 817.419.9629 www.amaymca.org

YMCA POOL RULES

COOPER STREET FAMILY CENTER

1. Children 7 years of age or younger must be accompanied by an adult.
2. Lap Swim is for all individuals looking to swim laps. Anyone not swimming laps will be asked to come out of the lane to make room for those wishing to swim laps. Lanes may have up to three people circle swimming.
3. Shower before entering the pool.
4. Inflatable flotation devices are prohibited.
5. Walk in the pool area.
6. Mask, fins and snorkels may only be used by lap swimmers. A mask may also be used during open swim times, but fins and snorkels are prohibited.
7. Horseplay or unnecessary roughness is not permitted.
8. Appropriate swim attire must be worn at all times (no basketball shorts or cutoffs)
9. Gum and glass containers must be left outside the pool area.
10. Sitting and hanging on lane lines or safety ropes is prohibited. Swimmers must swim under them not over them.
11. Equipment including kickboards, pull buoys and paddles are only to be used during lap swim or during lessons.
12. Smoking in the pool area is prohibited.
13. Sick/ill individuals will be excluded from water activities.
14. Flips, back dives, cartwheels, or jumping in backwards off of the side of the pool is prohibited.
15. Only coast guards approved life jackets are permitted. No other flotation devices are permitted.
16. Ladders are for only getting in and out of the water. Only one swimmer at a time on the ladder.
17. Swim diapers must be worn by all children who are not yet potty trained.
18. Admission to the pool will be refused to people with infectious diseases, rashes, fevers, foot infections, open wounds, etc.
19. There must be a lifeguard(s) on duty at all times. Swimmers to lifeguard ratio 25:1. Nobody may swim without a lifeguard(s) on duty.
20. Lifeguards have the authority to enforce any rules printed or verbal.
21. Diaper changing is prohibited on the pool deck.
22. Any questions should be referred to a pool manager or the Association Aquatics Director
23. Diving is prohibited in water depths less than (9) feet.
24. Prolonged Breath holding is prohibited.
25. Please refer to the Arlington-Mansfield Area YMCA procedures for information regarding swim testing.



Please contact Curtis VanGeem at 817.419.9629 x4601 with any questions!