

CENTRAL YMCA SUMMER POOL SCHEDULE

Effective June 3 - August 18 2019

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8 A.M.	Shallow Water X 2 Lap Lanes available					POOL CLOSED	POOL CLOSED
8 - 9 A.M.	Deep Water X (8-8:55 A.M.) Group Swim Lessons				POOL CLOSED	Group Swim Lessons	
9 - 10 A.M.	1 Lap Lane available				Family Open Swim	1 Lap Lane available	
10 - 11 A.M.							
11 A.M. - 12 P.M.	Family Open Swim 1 Lap Lane available				1 Lap Lane available		
12 - 1 P.M.	Day Camp Swim					Family Open Swim til 4:30	Family Open Swim til 4:30
1 - 2 P.M.	1 Lap Lane available						
2-3 P.M.							
3-4 P.M.	Family Open Swim til 4:45 P.M. 1 Lap Lane available					1 Lap Lane available	1 Lap Lane available
4-5 P.M.						POOL CLOSED	
5-6 P.M.	Group Swim Lessons				Family Open Swim til 7:30 P.M.		
6-7 P.M.	1 Lap Lane available				1 Lap Lane available		
7-8 P.M.	Family Open Swim (Pool closes at 8:30 P.M.)				POOL CLOSED		
8-8:30 P.M.	1 Lap Lane available						

Pool schedule and number of lanes offered are subject to change without notice.

YMCA POOL RULES

Our goal is **SAFETY** and the consideration of others.
Please help us by following these rules:

1. **NO SWIMMING ALLOWED UNLESS LIFEGUARD ON DUTY.**
2. Children under the age of 8 must be accompanied by an adult in the pool area.
3. For the safety of our members, all swimmers under the age of 18 are required to pass a swim test before being allowed to be in the pool without a coastguard approved PFD (Personal Flotation Device) or without direct adult supervision.
4. Prolonged breath holding is prohibited.
5. Diving is prohibited in water depths less than nine (9) feet.
6. No running on the pool deck.
7. Horseplay, throwing and/or unnecessary roughness is not permitted. No flips, back dives, cartwheels or jumping into the pool backwards.
8. Only coastguard approved PFDs are allowed.
9. Inflatable floatation devices are prohibited.
10. Do not hang on lane lines or safety lines; swimmers should swim under these barriers.
11. Lap lanes should be used for swim lessons and/or lap swimming only. Masks and fins are permitted for lap swimmers only.
12. Appropriate swim attire required; no cutoffs, denim, or gym shorts allowed in the pool.
13. All children not potty-trained are required to wear swim diapers.
14. Diaper changing is prohibited on the pool deck and swim suit changing should be done in the locker rooms.
15. No alcohol allowed
16. No smoking or vaping.
17. Glass containers and gum are NOT allowed in the pool area. Drinks should be in a closed container.
18. Pool entry will be refused to individuals with infectious/contagious diseases, rashes, fever, open wounds, etc.
19. Animals are not permitted in the pool area, with the exception of service animals.

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 THE POOL**

THANK YOU FOR FOLLOWING OUR RULES.