



Arlington-Mansfield Area YMCA

Cooper YMCA Pool Schedule

Effective September 3



	MON	TUE	WED	THU	FRI	SAT	SUN
Lap Swim/Walking	5:00 am to 5:30pm				5:00am to 6:45pm	12:00 to 4:45pm	12:00 to 4:45pm
Family Swim	11:00am to 4:45pm & 8:00 to 8:45pm				11:00am to 6:45pm	12:00 to 4:45pm	12:00 to 4:45pm
Water Fitness	7:15 to 11am & 4:30 to 5:25pm	7:15 to 11am & 4:30 to 6:25pm	7:15 to 11am & 4:30 to 5:25pm	7:15 to 11am & 4:30 to 6:25pm	7:15 to 11am	8:45am to 11:00am	
Swim Lessons	Starting September 9 5:00 to 7:45pm					9:00 to 11:45am	
Swim Team	6:00 to 8:45pm						



SCAN HERE TO CHECK DAXKO APP FOR THE MOST UPDATED SCHEDULE

Lap lane availability changes throughout the day.
Family Swim is not available if there are makeup lessons/practice, special events, or birthday parties.



Arlington–Mansfield Area YMCA

POOL RULES

SPLASH INTO FUN!

Our pool is 25 yards, has 4 lap lanes, an open swim area, a zero-depth entry, and is guarded by certified YMCA Lifeguards.

Lap Swim/Water Walking is available according to the pool schedule.

Lane sharing may be required. Lap lanes are not available to swimmers under the age of 10 unless with swim team or swim lessons.

- **Ages 10 - 14** are required to have an adult on the pool deck or in the viewing area. Swim test is required.
- **Ages 15+** may use the lap lane without adult supervision.

Family Swim is available to YMCA members only.

- **Ages 10 - 14** are required to have an adult or responsible guardian 16 years or older on the pool deck or in the viewing area at all times.
- **Ages 4 - 9** are required to have an adult on the pool deck at all times.
- **Ages 0 - 3** are required to have an adult in the water with them at all times.

Swim Tests are required for anyone 14 and under each time they come to the pool. A lifeguard will administer the swim test.

- The participant jumps into the deep end, treads water for 5 seconds, and swims the length of the pool.
- To pass they must be able to complete the swim and tread without stopping, grabbing the wall, needing assistance, or touching the floor.

All "non-swimmers" must wear a Coast Guard Approved PFD (lifejacket) unless working one-on-one with a parent/guardian in the water (must always be in arms reach of swimmer).

