



Arlington-Mansfield Area YMCA

South YMCA Pool Schedule

December 1 – January 4

MON

TUE

WED

THU

FRI

SAT

SUN

Lap
Swim/
Walking

5:00 AM to 8:45 PM

5:00 AM
to
6:45 PM

8:30 AM
to
4:45 PM

12:00 to
4:45 PM

Family
Swim

11 AM to
4:45 PM
&
8:00 to
8:45 PM

11 AM to
4:45 PM
&
8:00 to
8:45 PM

11 AM to
4:45 PM
&
8:00 to
8:45 PM

11 AM to
4:45 PM
&
8:00 to
8:45 PM

11:00 AM
to
6:45 PM

11:00 AM
to
4:45 PM

12:00 to
4:45 PM

Water
Fitness

7:15 to
11:00 AM
&
4:30 to
5:25 PM

7:15 to
11:00 AM
&
4:30 to
6:25 PM

7:15 to
11:00 AM
&
4:30 to
5:25 PM

7:15 to
11:00 AM
&
4:30 to
6:25 PM

7:15
to
11am

8:45
to
11:00 PM

Swim
Lessons

5:00 to
7:45pm
12/1 to 12/18

5:00 to
7:45pm
12/1 to 12/18

Special Hours

- 12/1-12/21: Pool Schedule as normal
- 12/14: LG Course (limited pool space)
- 12/22: Pool Closes at 5:30pm for Polar Express Dive-In Movie
- 12/23: Pool Closed from 11:45 to 3:15 PM for Holiday Camp Swim
- 12/24: Pool Hours 7am to 3pm
- 12/25: Pool CLOSED - CHRISTMAS
- 12/30: Pool Closed from 11:45 to 3:15 PM for Holiday Camp Swim
- 12/31: Pool Hours 7am to 3pm
- 1/1: Pool Hours 7am to 3pm
- 1/5: New pool schedule goes into effect

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).

