

ARLINGTON-MANSFIELD AREA YMCA

# SPRING BREAK POOL SCHEDULE

March 16 - March 22



MON

TUE

WED

THU

FRI

SAT

SUN

Lap Swim  
& Water Walking

OPEN  
TO  
CLOSE

5AM TO  
12:15 PM  
&  
4 PM TO  
6:45PM

OPEN TO  
CLOSE

5AM  
TO  
6:45PM

OPEN TO  
CLOSE

Family  
Swim

11AM  
TO  
8:45PM

4 PM  
TO  
8:45PM

11AM TO  
8:45PM

11AM  
TO  
6:45PM

OPEN TO  
CLOSE

Water  
Fitness

7:15 TO 11AM &  
5:30 TO 6:25PM

7:15  
TO  
11AM

8:15  
TO  
11AM

CAMP  
SWIM

12:30PM  
TO  
3:30PM



**POOL IS CLOSED TO EVERYONE DURING CAMP SWIM!**

**MARCH 21 & 22 WE WILL HAVE  
A LIFEGUARD COURSE  
RUNNING, SO THE POOL  
SPACE WILL BE LIMITED.**



Questions? Contact the Aquatics Department : Emily Peoples | [emilyp@amaymca.org](mailto:emilyp@amaymca.org)





Arlington-Mansfield Area YMCA

# South YMCA Pool Schedule

Effective March 23



MON

TUE

WED

THU

FRI

SAT

SUN

Lap Swim  
& Water  
Walking

5:00am to 5:45pm  
&  
7:45 to 8:45pm

5:00am  
to  
6:30pm

8:30am  
to  
4:45pm

12:00 to  
4:45pm

Family  
Swim

11:00am to 4:45pm

11:00am  
to  
6:30pm

12:00 to  
4:45pm

12:00 to  
4:45pm

Water  
Fitness

7:15 to 11:00am

7:15 to  
11am

8:45am  
to  
11:00am

Swim  
Lessons

5:00 to 7:45pm

9:00 to  
11:45am



Swim  
Team

6:00 to 8:45pm

## Special Hours

- 3/30 - Pool Closes at 7:45pm - Lifeguard Training
- 3/28 - **POOL CLOSED** - EASTER EGG SPLASH
- 4/11 - **POOL CLOSES AT 2PM** - SWIM-A-THON
- 4/13 - Pool Closes at 7:45pm - Lifeguard Training
- 4/5 - **POOL CLOSED** - EASTER SUNDAY
- 5/16 & 5/17 - **POOL HOURS WILL BE ADJUSTED DUE TO SUMMER TRAINING**
- Summer Pool Schedule begins June 1



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.

Family Swim is not available if there are makeup lessons/practice, special events, or birthday parties.

**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).