

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



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

8:00 to 8:45pm

11:00am
to
6:30pm

12:00 to
4:45pm

12:00 to
4:45pm

Water
Fitness

7:15 to 11:00am

5:00 to 6:00pm

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 CLOSSES 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



REGISTER
HERE!

SWIM

LESSON

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).