

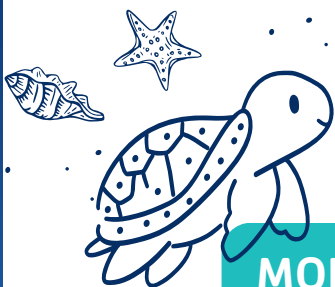


Arlington-Mansfield Area YMCA

South YMCA Pool Summer Schedule

Indoor Pool | 7120 S Cooper St.

Effective JUNE 24th



	MON	TUE	WED	THU	FRI	SAT	SUN
POOL HOURS	5:00 AM TO 7:45 PM	5:00 AM TO 8:45 PM			5:00 AM TO 6:45 PM	7:15 AM TO 4:45 PM	12:00 TO 4:45 PM
LAP SWIM	5:00 AM TO 8:45 AM				5:00 AM TO 11:45 AM	7:15 AM TO 4:45 PM	12:00 PM TO 4:45 PM
(NUMBER OF AVAILABLE LANES CHANGES THROUGHOUT THE DAY)							
WATER WALKING	5:00 AM TO 8:45 AM				5:00 AM TO 11:45 AM	7:15 AM TO 9:15 AM	12:00 PM TO 4:45 PM
	2:00 PM TO 4:15 PM	2:00 PM TO 4:15 PM	12:00 PM TO 4:15 PM	2:00 PM TO 4:15 PM	2:00 PM TO 6:45 PM	12:30 PM TO 4:45 PM	
FAMILY SWIM	2:00 PM TO 4:15PM	2:00 PM TO 4:15 PM 7:20 PM TO 8:45 PM	12:15 PM TO 4:15 PM 7:20 PM TO 8:45 PM	2:00 PM TO 4:15 PM 7:20 PM TO 8:45 PM	2:00 PM TO 6:45 PM	12:00 PM TO 4:45 PM	
WATER FITNESS	7:15 TO 10:45 AM					7:15 AM TO 9:15 AM	
	5:00 TO 6:00 PM						
SWIM LESSONS	9:00 TO 11:45 AM					2:00 PM TO 4:15 PM	9:30 AM TO 12:15 PM
	4:30 TO 7:15 PM					7:20 PM TO 8:45 PM	
CAMP SWIM	12:00 TO 2:00 PM			12:00 TO 2:00 PM			
	 						

SPECIAL HOURS

4th of July & Labor Day

POOL HOURS
7:15 AM TO 4:45 PM
(NO YOUTH PROGRAMS THESE DAYS)



POOL RULES

SPLASH INTO FUN!

Our pool is 25 yards, has 4 lap lanes, an open swim area, a zero-depth entry (indoor pool), 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. During morning/Saturday swim lessons only 1 lap lane is open.

- **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 make up 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).