



YMCA POOL SCHEDULE

June 7, 2021 –
August 20, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM 6:30 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	
6:45 AM 7:45 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	
8:00 AM 8:45 AM	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Lap Swim (5)
9:00 AM 9:45 AM	Water Fitness (Shallow and Deep Classes)	Water Fitness Shallow Class / Deep End Independent	Water Fitness (Shallow and Deep Classes)	Water Fitness Shallow Class / Deep End Independent	Water Fitness (Shallow and Deep Classes)	Water Fitness Shallow Class / Deep End Independent
10:00 AM 10:45 AM	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Swim Lessons
11:00 AM 11:45 AM	<u>Lap Swim (1)</u> Swim Lessons	<u>Lap Swim (1)</u> Swim Lessons	<u>Lap Swim (1)</u> Swim Lessons	<u>Lap Swim (1)</u> Swim Lessons	Lap Swim (5)	Lap Swim (2) Swim Lessons
12:15 PM 12:55 PM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5) 12:00 – 12:45
1:00 PM 1:45 PM	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	YBAC (2) / Lap (1) Family Swim
2:00 PM 2:45 PM	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	YBAC (2) / Lap (1) Family Swim
3:00 PM 3:45 PM	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	Lap Swim (2) Open Swim Camp Swim	YBAC (2) / Lap (1) Family Swim
4:00 PM 4:45 PM	Lap Swim (1) Swim Team	Lap Swim (1) Swim Team	Lap Swim (1) Swim Team	Lap Swim (1) Swim Team	Lap Swim (2) Open Swim	
5:00 PM 5:45 PM	Lap Swim (1) Swim Team	Lap Swim (1) Swim Team	Lap Swim (1) Swim Team	Lap Swim (1) Swim Team	Lap Swim (2) Open Swim	
6:00 PM 6:45 PM	Swim Team (2) Swim Lessons	Swim Team (2) Swim Lessons	Swim Team (2) Swim Lessons	Swim Team (2) Swim Lessons	Lap Swim (2) Open Swim	
7:00 PM 7:45 PM	Lap Swim (2) Open Swim	Lap Swim (1-2) Water Fitness Class	Lap Swim (2) Open Swim	Lap Swim (1-2) Water Fitness Class	Lap Swim (2) Open Swim	
8:00 PM 8:45 PM	Lap Swim (2) Open Swim	Lap Swim (2) Open Swim	Lap Swim (2) Open Swim	Lap Swim (2) Open Swim	Lap Swim (2) Open Swim	

- The pool block schedule will remain in effect
- You are asked not to enter the pool area more than 5 minutes prior to the block time, and must leave the pool area within 5 minutes of the end of the block (i.e. – for 8:00 clock – do not enter the pool area prior to 7:55, and exit the pool area by 8:50).
- We need to limit exposure between members and give the lifeguards a mental break from watching the pool to ensure your safety by keeping the guards alert

See other side for Pool Guidelines and Covid-19 Safety Plan

Covid-19 Safety Plan

- Masks are no longer required, but it is strongly recommended that partially vaccinated or unvaccinated individuals continue to wear face coverings and practice social distancing at all swimming activities. Other individuals are welcome to continue wearing face coverings for personal comfort.
- Locker rooms will close at 8:00 – those in the 8:00 time slot should plan accordingly
- No Towel Service or Hot Tubs are available
- Must bring your own equipment – no pool equipment is available except Lifejackets
- Doors need to remain open at all times
- No congregating on YMCA property / swimmers will need to leave the deck as soon as possible when finished/time is up
- Do not approach the lifeguard – maintain 6 ft distance

- Reservations are being taken only for Lap Swimming Lanes
 - No Reservations for all other pool activities
 - Pool Reservation Site: <https://www.acymca.org/programs>

LAP SWIMMING GUIDELINES

Always enter the pool in the shallow end, notifying all swimmers that you will be joining the lane. Stand in the water at the end so swimmers who may be flip turning or not wearing their goggles will see that you are entering the water (do not stand on the deck and assume someone will see you). With two swimmers per lane, you may opt to keep to one side of the lane or the other.

Please be courteous at all times! Only YOU can make lap-swimming work.

- Be aware of what is going on in your lane. Please allow a swimmer who is overtaking you to pass at either end of the lane (wait at the wall and let them push off ahead of you).
- If a lifeguard asks you to move to a different lane, please do so graciously. They are only trying to make lap swim run smoothly.

Pool Swim Test Policy

All Swimmers under Age 12 must be tested

Lifeguards reserve the right to test any swimmer that enters the YMCA Pool if they feel it is necessary

Deep End Test (Green Band)

- From the Deep End - Swimmer will jump in the water and swim to black line, turn around and swim half way back and tread water or float for 30 seconds and then get to the wall.
- Swim must be done on the front

Shallow End Test (Red Band)

- From the steps swimmers will swim to the rope on their front and either stand or for 15 seconds either tread water or float.

Swimmers not passing either test, must wear a Coast Guard Approved Lifejacket and remain within arm's reach of an adult