



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

WINTER I SESSION: JANUARY 7- FEBRUARY 24, 2019

DESCRIPTIONS →→→

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Children under 12 must be accompanied by an adult at all times.</p> <p>(x) indicates lap lanes.</p> <p><b>Lap Swimming Tips</b> To avoid accidents, when entering an occupied lane, please get the swimmer's acknowledgment that you are there.</p> <p><b>Directions</b> If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person changes the lane to "circle" swimming format.</p> <p><b>Speed</b> Please try to choose a lane with swimmers that most nearly match your speed.</p>		<b>Lap Swim (4)</b> 5:00a-7:00a  <b>Adult Open (2)</b> 7:00a-8:25a  <b>Water Exercise (0)</b> 8:30a-9:30a  <b>Open Swim (2)</b> 9:35a-11:25a	<b>Lap Swim (4)</b> 5:00a-7:00a  <b>Adult Open (2)</b> 7:00a-8:25a  <b>Water Exercise (0)</b> 8:30a-10:30a  <b>Open Swim (2)</b> 10:40a-4:10p	<b>Lap Swim (4)</b> 5:00a-7:00a  <b>Adult Open (2)</b> 7:00a-8:25a  <b>Water Exercise (0)</b> 8:30a-9:30a  <b>Open Swim (1)</b> 9:35a-10:00a  <b>Rental (0)</b> 10:00a-11:30p  <b>Lap Swim (4)</b> 11:30a-1:00p  <b>Open Swim (2)</b> 1:05p-3:20p	<b>Lap Swim (4)</b> 5:00a-7:00a  <b>Adult Open (2)</b> 7:00a-8:25a  <b>Water Exercise (0)</b> 8:30a-10:30a  <b>Open Swim (1)</b> 9:35a-10:00a  <b>Swim Lessons (2)</b> 10:45a-12:00p  <b>Rental (0)</b> 12:00p-2:30p  <b>Open Swim (1)</b> 2:30p-4:10p	<b>Lap Swim (4)</b> 5:00a-7:00a  <b>Adult Open (2)</b> 7:00a-8:25a  <b>Water Exercise (0)</b> 8:30a-9:30a  <b>Senior Swim (2)</b> 9:35a-11:50a  <b>Lap Swim (4)</b> 12:00p-2:00p  <b>Open Swim (2)</b> 2:05p-5:05p	<b>Lap Swim (4)</b> 6:00a-8:00a  <b>Water Exercise (0)</b> 8:00a-9:00a  <b>Swim Lessons (0)</b> 9:00a-2:00p  <b>Open Swim (2)</b> 2:00p-4:50p	
		<b>Swim Lessons (0)</b> 10:00a-12:40p  <b>Lap Swim (3)</b> 12:40p-2:40p  <b>Open Swim (1)</b> 2:45p-4:50p  <b>Lap Swim (4)</b> 5:00p-6:00p	<b>Open Swim (2)</b> 1:05p-3:20p  <b>Swim Lessons (0)</b> 3:30p-5:05p  <b>Swim Team (0)</b> 5:15p-7:15p  <b>Swim Lessons (0)</b> 6:20p-7:55p  <b>Swim Lessons (0)</b> 7:20p-8:25p  <b>Lap Swim (4)</b> 8:30p-10:00p	<b>Swim Lessons (0)</b> 4:10p-5:05p  <b>Swim Team (0)</b> 5:15p-6:15p  <b>Swim Lessons (0)</b> 6:20p-7:55p  <b>Water Exercise (0)</b> 7:45p-8:30p  <b>Lap Swim (4)</b> 8:30p-10:00p	<b>Swim Lessons (0)</b> 3:30p-5:05p  <b>Swim Team (0)</b> 5:15p-7:15p  <b>Swim Lessons (0)</b> 7:15p-8:30p  <b>Lap Swim (4)</b> 8:30p-10:00p	<b>Swim Lessons (0)</b> 4:10p-5:05p  <b>Swim Team (0)</b> 5:15p-6:15p  <b>Swim Lessons (0)</b> 6:20p-7:55p  <b>Water Exercise (0)</b> 7:45p-8:30p  <b>Lap Swim (4)</b> 8:30p-10:00p	<b>Swim Lessons (0)</b> 4:10p-5:05p  <b>Swim Team (0)</b> 5:15p-7:15p  <b>Swim Lessons (0)</b> 6:20p-7:55p  <b>Family Swim (1)</b> 7:20p-8:25p  <b>Lap Swim (4)</b> 8:30p-10:00p	<b>Lap Swim (4)</b> 5:00p-6:00p



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# POOL POLICIES

## POLICIES

*In order to promote the safest environment possible, transition times are built into the schedule. Swimmers will not be allowed in the pool during these times to allow for the lifeguard to assist without compromising swimmer safety.*

- **Proper swim attire must be worn in the pool (i.e. no cut-offs or cotton shorts/shirts). Street shoes are not** allowed on deck.
- During swim lessons, parents are asked to observe in the balcony area.
- Anyone having bandages, open blisters, cuts or lesions should not enter the water.
- Running, boisterous behavior and rough play are prohibited.
- Back diving, flips, twists and backward jumps are not allowed. **Diving blocks are not to be used** but you may dive in the deep end.
- Inappropriate language will not be tolerated.
- For the safety of all swimmers, everyone must pass a deep-water test before swimming in the deep end. Swimmers that pass and complete the deep end test will be issued a wristband, by aquatics, indicating that the swimmer is allowed to swim alone. This wristband must be worn at all times while in the pool. If swimmer does not have wristband issued by aquatics, all swimmers under the age of 9 must be accompanied by a parent either in the pool, on the pool deck, or in the observation deck. Barriers will indicate the distance able to swim for those not passing the deep-water test.
- Food, beverages, and glass bottles are not permitted in the pool area.
- Non-inflatable flotation devices are allowed in the pool.
- Pool toys may be used at the lifeguard's discretion.
- Family Swim is recreational pool time for parents and children swimming together.
- No one under 9 is permitted without a parent in the water (unless the deep water test has been passed), and adults must be accompanied by a child. One parent must be in the water for every 3 children.
- The lifeguard on duty is the authority in the pool. Please pay attention to any emergencies or special announcements when the whistle is blown.

## LAP SWIM RULES

To help make the West Cook YMCA a welcomed place for lap swimming, follow our guidelines when using our lap lanes:

- **MINIMUM AGE:** Lap lane swimmers must be 16 years of age or older, or swimmers under the age of 16, who can swim 100 yards of freestyle unassisted.
- **FINDING A LANE:** Lanes are designated as leisure, slow, medium, or fast. Choose a lane compatible with your speed. Notify other swimmers you are joining their lane to avoid collision and/or confusion.
- **CIRCLE SWIMMING:** If there are more than two swimmers in your lane you must circle swim. At the West Cook YMCA the rule is to stay to the right and to swim counterclockwise.
- **SPEED:** Slower swimmers must yield to faster swimmers. If you are passed two times move to a slower lane. Be considerate of a fast swimmer and let a swimmer pass.
- **PASSING:** Pass on the left. Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop, and wait until the other swimmer has pushed off.
- **STOPPING:** If you need to stop, squeeze into the corner to the right of oncoming swimmers, so they will have sufficient room to turn. Lifeguards may ask swimmers to switch lanes. Please follow their requests.