



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

January 2022

POOL POLICIES >>>>

MAKE A RESERVATION AT WESTCOOKYMCA.ORG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:00a-9:45a	Lap Swim 6:00a-9:45a	Lap Swim 6:00a-9:45a	Lap Swim 6:00a-9:45a	Lap Swim 6:00a-9:45a	Lap Swim 8:00a-8:45a	
Lap Swim / Open Swim (2 lanes each) 10:00a-10:45a	Lap Swim / Open Swim (2 lanes each) 10:00a-10:45a	Lap Swim / Open Swim (2 lanes each) 10:00a-10:45a	Lap Swim / Open Swim (2 lanes each) 10:00a-10:45a	Lap Swim / Open Swim (2 lanes each) 10:00a-10:45a	Preschool Swim Lesson 9:00a-9:30a	
Deep Water Fitness (M/W) 11:00a-11:45a	Shallow Water Fitness (Tu/Th) 11:00a-11:45a	Deep Water Fitness (M/W) 11:00a-11:45a	Shallow Water Fitness (Tu/Th) 11:00a-11:45a		Youth Group Swim Lessons 9:45a-11:20a	Private Swim Lesson Parent-Child Swim Lesson 10:30a-11:00a
					Private Swim Lessons Parent-Child Swim Lesson 12:30p-1:00p	Preschool Swim Lessons 11:15a- 12:40p
Private Swim Lessons 3:00p-4:00p	Private Swim Lessons 3:00p-4:00p	Private Swim Lessons 3:00p-4:00p	Private Swim Lessons 3:00p-4:00p	Private Swim Lessons 3:00p-4:00p		
Preschool Swim Lessons 4:00p-4:30p	Preschool Swim Lessons 4:00p-4:30p	Preschool Swim Lessons 4:00p-4:30p	Preschool Swim Lessons 4:00p-4:30p		Family Swim 2:30p-5:30p	Family Swim 2:30p-5:30p
Youth Swim Lessons 4:45p-5:25p	Tiny Team Practice 4:45p-5:30p	Youth Swim Lessons 4:45p-5:25p	Tiny Team Practice 4:45p-5:30p			
Red Swim Team Practice 5:30p-6:30p	Youth Swim Lessons 5:45p-7:15p	Red Swim Team Practice 5:30p-6:30p	Youth Swim Lessons 5:45p-7:15p	Red Swim Team Practice 5:30p-6:30p		
Private Swim Lessons 6:45p-7:45p		Private Swim Lessons 6:45p-7:45 pm		Private Swim Lessons 6:45p-7:45p	Private Swim Lessons 6:45p-7:45p	
Lap Swim 7:00p-7:45p	Adult Swim Lessons Lap Swim 7:20p-8:00p	Lap Swim 7:00p-7:45p	Adult Swim Lessons Lap Swim 7:20p-8:00p			



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POLICIES

- 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 can swim alone. This wristband must always be worn while in the pool. If does not have wristband issued by aquatics, all swimmers under the age of 12 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.
- One parent must be in the water for every 3 children.
- 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.
- 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.
- **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.

LAP SWIMMING TIPS

- To avoid accidents, when entering an occupied lane, please get the swimmer's acknowledgement that you are there.
- Directions: If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half.
- Speed: Please try to choose a lane with swimmers that most nearly match your speed.

Children 12 and under must be always accompanied by an adult.