



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

Starting September 5th

MAKE A RESERVATION AT WESTCOOKYMCA.ORG

POOL POLICIES >>>>

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) 10:15a-10:45a	Lap Swim / Open Swim (2 lanes each) 10:15a-10:45a		Lap Swim / Open Swim (2 lanes each) 10:15a-10:45a	Lap Swim / Open Swim (2 lanes each) 10:15a-10:45a		Lap Swim / Open Swim (2 lanes each) 10:15a-10:45a	Preschool Swim Lessons 9:00a-9:30a Private Swim Lessons 9:00a-9:30a	Privates 10:00a-10:30a
Water Fitness 11:00am-11:45am			Water Fitness 11:00am-11:45am	Water Fitness 11:00am-11:45am			Youth Swim Lessons 9:45a-10:25a Youth Swim Lessons 10:40a-11:20a	Parent-Child Swim Lessons 10:30a-11:00a
					School Age Swim Access Swim Lesson 11:30a-12:00p		Private Swim Lessons 11:00a-12:10p	
Lap Swim 3:00p-4:00p			Private Swim Lessons 3:00p-4:00p (2 Lap Swims Available)		Private Swim Lessons 3:00p-4:00p (2 Lap Swims Available)			Preschool Swim Access Swim Lesson 12:10P-12:40p
Preschool Swim Lessons 4:00p-4:30p (1 lane open for privates)	Preschool Swim Lessons 4:00p-4:30p		Preschool Swim Lessons 4:00p-4:30p (1 lane open for privates)	Preschool Swim Lessons 4:00p-4:30p		Private Swim Lessons 4:00p-6:00p Lap Swim (2 Lap Swims Available 4:00-4:45; 4:45-5:30)	Aquatics Conditioning 12:50p-1:30p Parent-Child Swim Lesson 12:50p-1:20p	Swim Access Swim Lesson 12:20p-12:50p
Youth Swim Lessons 4:35p-5:15p	Youth Swim Lessons 4:35p-5:15p		Youth Swim Lessons 4:35p-5:15p	Endurance, Sports, and Games 4:35p-5:15p	Private Swim Lessons 4:45p – 5:15p		School Age Swim Lessons 1:40p-2:20p Private Swim Lessons 1:30p-2:30p	Private Swim Lessons 1:00p-2:00p
Youth Swim Lessons 5:20p-6:00p	Youth Swim Lessons T/Th 5:20p-6:00p	Adult Swim Lessons 5:20p-6:00p	Youth Swim Lessons 5:20p-6:00p	Youth Swim Lessons T/Th 5:20p-6:00p	~ Teen Swim Lessons 5:20p-6:00p		Family Open Swim (Lap swim 1 lane) 3:00 pm to 5:45pm	Family Open Swim (Lap swim 1 lane) 3:00 pm to 5:45pm
CST Practice Red 6p-7p Yellow 7p-8p	CST Practice Blue 6:00p-7:00p		CST Practice Red 6p-7p Yellow 7p-8p	CST Practice Blue 6:00p-7:00p		CST Practice Red 6p-7p Yellow 7p-8p		
CST Practice Brz, Sil, Gld 8:00p-9:30p	CST Practice Brz, Sil, Gld 7:00p-8:30p		CST Practice Brz, Sil, Gld 8:00p-9:30p	CST Practice Brz, Sil, Gld 7:00p-8:30p		CST Practice Brz, Sil, Gld 8:00p-9:30p		

*CST Practice starts September 18th.

~ Thursday 5:20 pm Teen Swim Lessons begin in October.



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POLICIES

- Proper swim attire required (i.e., no cut-offs or cotton shorts/shirts).
- Street shoes are not allowed on deck.
- During swim lessons, parents are asked watch from the pool observe balcony.
- Persons with any bandages, open blisters, cuts or lesions are not permitted in pool.
- Running, boisterous behavior and rough play are strictly 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 aquatic facility.
- All pool guests are required to adhere to lifeguard instructions during any emergencies or special announcements when the whistle is blown.

LAP SWIM RULES: To ensure a safe aquatic experience kindly adhere to the following lap swim guidelines:

- **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

- **Entering Pool:** To avoid accidents, when entering an occupied lane, please confirm the swimmer's acknowledgement that you are entering.
- **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 accompanied by an adult at all times when in the aquatic facility.