



POOL SCHEDULE | Fall/Winter | August 29th – January 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim All lanes 5:30a – 9:00a	Lap Swim All lanes 5:30a – 9:00a	Lap Swim All lanes 5:30a – 9:00a	Lap Swim All lanes 5:30a – 9:00a	Lap Swim All lanes 5:30a – 9:00a	Water Fitness Class w/Y Staff 7:00a – 8:00a	Lap Swim All lanes 8:00a – 9:00a
Break	Break	Break	Break	Break		
Water Fitness Class w/Y Staff 9:30a-10:30a	Water Fitness Class w/Y Staff 9:30a-10:30a	Water Fitness Class w/Y Staff 9:30a-10:30a	Water Fitness Class w/Y Staff 9:30a-10:30a	Water Fitness Class w/Y Staff 9:30a-10:30a	Lap Swim All lanes 8:10a – 9:00a	Swim Access 9:00am – 9:30am
Lap Swim/ Community Swim 10:45a – 1:30p	Lap Swim/ Community Swim 10:45a – 3:00p	Lap Swim/ Community Swim 10:45a – 3:00p	Lap Swim/ Community Swim 10:45a – 3:00p	Lap Swim/ Community Swim 10:45a – 3:00p	Swim Lessons 9:00a – 3:00p	Break
Break	Break	Break	Break	Break		Swim Lessons 10:00am – 3:00pm
Break	Break	Break	Break	Break	Break	Lap Swim 3:30p-5:00p
Alcuin Swim 2:00p – 3:00p	Swim Lessons 3:30p – 6:00p	Swim Lessons 3:30p – 6:00p	Swim Lessons 3:30p – 6:00p	Swim Lessons 3:30p – 6:00p	Family Swim/ Community Swim 3:30p – 5:00p	
Break						
Swim Lessons 3:30p – 6:00p						
CST Red Squad 6:00p – 7:00p	Water Fitness Class (45m) w/Linda 6:00p-7:00p	CST Red Squad 6:00p – 7:00p	Water Fitness Class (45m) w/Linda 6:00p-7:00p	CST Red Squad 6:00p – 7:00p		
CST Yellow Squad 7:00p -8:00p	CST B/S/G 7:00p – 9:00p	CST Yellow Squad 7:00p -8:00p	CST B/S/G 7:00p – 9:00p	CST Yellow Squad 7:00p -8:00p		
CST B/S/G 8:00p – 9:00p		CST B/S/G 8:00p – 9:00p		CST B/S/G 8:00p – 9:00p		

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.
- Diving during open/family/lap swim, back diving, flips, twists and backward jumps are not allowed.
Diving blocks are not to be used.
- 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 allowed in the deep end, all other swimmers must stay in the shallow end. This wristband must always be worn while in the pool. If person 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. A rope barrier 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 safe and welcoming place for lap swimming, all people must follow the following 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.

For everyone's safety children 12 years and under must be always accompanied by an adult.

The Y: We are for youth development, healthy living, and social responsibility.