

BIG POOL

AQUATIC SCHEDULE

JANUARY – MAY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-----------------------------------------|-----------------------------------------|
| Lap Swim 5:00 am–7:25 am | Lap Swim 5:00 am–9:25 am | Lap Swim 5:00 am–7:25 am | Lap Swim 5:00 am–9:25 am | Lap Swim 5:00 am–6:15 am | Lap Swim 6:30 am–7:55 am | Lap Swim 6:30 am–7:45 am |
| Aqua Zumba 7:30 am–8:15 am | Aqua Aerobics 9:30 am–10:30 am | Aqua Zumba 7:30 am–8:15 am | Aqua Yoga 9:30 am–10:30 am | Aqua Stand Up 6:15 am–7:30 am | Aqua Zumba 8:00 am–8:55 am | Aqua Stand Up 7:45 am–9:00 am |
| Aqua Aerobics 8:30 am–9:30 am | Lap Swim 10:45 am–4:00 pm | Aqua Aerobics 8:30 am–9:30 am | Lap Swim 11:00 am–4:00 pm | Aqua Zumba 7:30 am–8:15 am | Swim Lessons 9:00 am–1:30 pm | Swim Lessons 9:00 am–1:30 pm |
| Aqua Arthritis 9:45 am–10:45 am | Swim Lessons 4:00 pm–8:15 pm | Aqua Arthritis 9:45 am–10:45 am | Swim Lessons 4:00 pm–8:15 pm | Aqua Aerobics 8:30 am–9:30 am | Aqua Stand Up 1:30 pm–2:30 pm | Lap Swim 2:30 pm–5:30 pm |
| Lap Swim 11:00 am–4:00 pm | Lap Swim 8:15 pm–9:00 pm | Lap Swim 11:00 am–4:00 pm | Lap Swim 8:15 pm–9:00 pm | Aqua Arthritis 9:45 am–10:45 am | Lap Swim 2:45 pm–5:30 pm | |
| Swim Lessons 4:00 pm–8:15 pm | Adult Lap (Agest 13+) 9:00 pm–9:30 pm | Swim Lessons 4:00 pm–8:15 pm | Adult Lap (Agest 13+) 9:00 pm–9:30 pm | Lap Swim 11:00 am–9:00 pm | | |
| Lap Swim 8:15 pm–9:00 pm | | Lap Swim 8:15 pm–9:00 pm | | Adult Lap (Agest 13+) 9:00 pm–9:30 pm | | |
| Adult Lap (Agest 13+) 9:00 pm–9:30 pm | | Adult Lap (Agest 13+) 9:00 pm–9:30 pm | | | | |

SMALL POOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|----------------------------------------|----------------------------------------|
| Open Swim 5:00 am–4:00 pm | Open Swim 5:00 am–4:00 pm | Open Swim 5:00 am–4:00 pm | Open Swim 5:00 am–4:00 pm | Open Swim 5:00 am–9:00 pm | Open Swim 6:30 am–8:55 am | Open Swim 6:30 am–8:55 am |
| Swim Lessons 4:00 pm–7:15 pm | Swim Lessons 4:00 pm–7:15 pm | Swim Lessons 4:00 pm–7:15 pm | Swim Lessons 4:00 pm–7:15 pm | Adult Swim (Agest 13+) 9:00 pm–9:30 pm | Swim Lessons 9:00 am–1:30 pm | Swim Lessons 9:00 am–1:30 pm |
| Open Swim 7:30 pm–9:00 pm | Open Swim 7:30 pm–9:00 pm | Open Swim 7:30 pm–9:00 pm | Open Swim 7:30 pm–9:00 pm | | Open Swim 2:30 pm–5:30 pm | Open Swim 2:30 pm–5:30 pm |
| Adult Swim (Agest 13+) 9:00 pm–9:30 pm | Adult Swim (Agest 13+) 9:00 pm–9:30 pm | Adult Swim (Agest 13+) 9:00 pm–9:30 pm | Adult Swim (Agest 13+) 9:00 pm–9:30 pm | | | |

SCHEDULE SUBJECT TO CHANGE

Revised December 18, 2017

WE ASK THAT ALL MEMBERS AND GUESTS DEMONSTRATE THE CORE VALUES OF CARING, HONESTY, RESPECT AND RESPONSIBILITY WHILE PARTICIPATING IN YMCA PROGRAMS.

PLEASE FOLLOW POOL ETIQUETTE GUIDELINES

1. Use the restroom before entering the pool.
2. Shower before entering the pool, CA Health & Safety Law require it!
3. Wait at least one hour before entering the pool after eating.
4. No person of any age shall change clothing on the pool deck.
5. All children under the age of 3, must wear a swim diaper at all times. Children wearing a swim diaper must also wear a bathing suit over the swim diaper.
6. Any person having an infectious or communicable disease and/ or open wound is prohibited from using the pool.
7. Spitting, blowing the nose or discharging any body waste in the pool is prohibited.
8. Swimming apparel must be as follows: must be either nylon or swim suit material. NO cotton, velour, corduroy, cutoffs, t-shirts, wool or denim are allowed in the pool, as these materials are known to clog our filtration system.
9. Lap Swim lanes and times are ONLY available for lap swimming.
10. Lifeguards must approve of all swimwear, pool toys and floatation devices.
11. Please be respectful of the aquatics staff , they are here for your safety! Distracting them is dangerous for the safety of our members.
12. No yellow or orange wristband swimmers will be able to swim in the lap lane area. Lap swim is for adults and green wristband swimmers only.

PLEASE DO NOT:

1. Run on the pool deck
2. Dive into the pool
3. Wear street shoes around the pool deck
4. Bring any food or any drink (except water) onto the pool deck
5. Fight or horseplay anywhere near or in the pool
6. Use foul or offensive language
7. Hang, sit or lay on lane lines
8. Bring any glass containers on or in pool area
9. Climb or sit on the lifeguard chair

SWIM CHECK RULES AND SLIDE REQUIREMENTS

- All children under the age of 8 must have a parent or guardian, age 18 or older, actively supervising the child at all times.
- Orange wristband swimmers must have a parent/guardian in the pool and within arm's reach at all times. One parent/guardian may only be responsible for two orange wristband swimmers at a time.
- All swimmers under the age of 13 will be swim checked and recorded according to level. This will determine which designated areas they will be allowed to swim in and what color wristband they will receive.
- The lifeguard will make the final decision on the appropriate swim level.
- In order to ride the water slide, swimmers must have passed the deep water swim check (green wristband) AND be at least 48 inches tall. If BOTH requirements are not met, the swimmer will not be allowed to use the slide.

● ORANGE WRISTBAND (AGES 0-12)

For children ages 0-12, an orange wristband indicates that swimmers have not passed any swim check and will only be allowed in the small activity pool accompanied by a parent/guardian age 18 or older. The parent/guardian MUST be within one arms length at all times. **ORANGE WRISTBAND SWIMMERS WILL NOT BE ALLOWED TO USE THE WATERSLIDE.**

● YELLOW WRISTBAND (AGES 0-7)

For children ages 0-7, a yellow band will be given to those who have passed the shallow water test. A parent or guardian (over the age of 18) must be on the pool deck actively supervising their children at all times.

● YELLOW WRISTBAND (AGES 8-12)

For children ages 8-12, a yellow band will be given to those who have passed the shallow water test. No parent supervision is required for children between the ages of 8 and 12. **YELLOW WRISTBAND SWIMMERS WILL NOT BE ALLOWED TO USE THE WATER SLIDE.**

● GREEN WRISTBAND (AGES 0-7)

The green wristband indicates that the child has passed the deep water test and will be granted access to the entire pool including the lap lane area if, and only if, the swimmer is consistently swimming laps. A parent/guardian still must be present on the pool deck for children 7 years and younger.

● GREEN WRISTBAND (AGES 8 & UP)

The green wristband indicates that the child has passed the deep water test and will be granted access to the entire pool including the lap lanes if, and only if, the swimmer is consistently swimming laps. Children ages 8 years and older will not be required to have parental supervision. **GREEN WRISTBAND SWIMMERS WILL BE ALLOWED TO USE THE WATERSLIDE IF THE SWIMMER MEETS THE HEIGHT REQUIREMENT.**



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



MAKING FITNESS WAVES

**2018 Aquatic Schedule
EAST VALLEY FAMILY YMCA**

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