



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

SOUTH VALLEY FAMILY YMCA

Effective Dec. 16 until further notice (schedule is subject to change)
Pool is closed Dec. 19-Dec. 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:55 Lap Swim (4) Walking <1> Lessons [1]	5:00-8:55 Lap Swim (4) Walking <1> Lessons [1]	5:00-8:55 Lap Swim (4) Walking <1> Lessons [1]	5:00-8:55 Lap Swim (4) Walking <1> Lessons [1]	5:00-8:55 Lap Swim (4) Walking <1> Lessons [1]		
	6:30-7:30 Masters (18+)		6:30-7:30 Masters (18+)		6:30-8:25 Lap Swim (4) Walking <1> Lessons [1]	7:00-8:55 Lap Swim (4) Walking <1> Lessons [1]
9:00-10:00 Aerobics (all lanes)	9:00-10:00 Aerobics (all lanes)	9:00-10:00 Aerobics (all lanes)	9:00-10:00 Aerobics (all lanes)	9:00-10:00 Aerobics (all lanes)	8:30-9:30 Swim Team (all lanes)	9:00-10:00 Aerobics (3) Lap Swim (3)
10:05-2:25 Lap Swim (4) Walking <1> Lessons [1]	10:05-1:25 Lap Swim (4) Walking <1> Lessons [1]	10:05-2:25 Lap Swim (4) Walking <1> Lessons [1]	10:05-1:25 Lap Swim (4) Walking <1> Lessons [1]	10:05-1:25 Lap Swim (4) Walking <1> Lessons [1]	9:35-10:40 Lap Swim (3) Open Swim {2} Lessons [1]	10:05-1:25 Lap Swim (4) Walking <1> Lessons [1]
1:30-2:25 Home School P.E.		1:30-2:25 Home School P.E.			10:45-1:40 Lap Swim (3) Lessons [3]	
2:30-6:25 Lap Swim (2) Walking <1> Open Swim {2} Lessons [1]	1:30-6:25 Lap Swim (2) Walking <1> Open Swim {2} Lessons [1]	2:30-6:25 Lap Swim (2) Walking <1> Open Swim {2} Lessons [1]	1:30-6:25 Lap Swim (2) Walking <1> Open Swim {2} Lessons [1]	1:30-6:25 Lap Swim (2) Walking <1> Open Swim {2} Lessons [1]	1:45-7:00 Open Swim {2} Lap Swim (2) Walking <1> Lessons [1]	1:30-6:30 Open Swim {2} Lap Swim (2) Walking <1> Lessons [1]
6:30-7:30 Lap Swim (3) Aerobics (3)	6:30-7:30 Swim Team (all lanes)	6:30-7:30 Lap Swim (3) Zumba (3)	6:30-7:30 Swim Team (all lanes)	6:30-7:30 Lap Swim (3) Zumba (3)		
7:35-9:30 Open Swim {2} Lap Swim (2) Walking <1> Lessons [1]	7:35-9:30 Open Swim {2} Lap Swim (2) Walking <1> Lessons [1]	7:35-9:30 Open Swim {2} Lap Swim (2) Walking <1> Lessons [1]	7:35-9:30 Open Swim {2} Lap Swim (2) Walking <1> Lessons [1]	7:35-9:30 Open Swim {2} Lap Swim (2) Walking <1> Lessons [1]		

Lap Swimming Tips: Multiple activities are often scheduled in the pool at the same time. Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. The lifeguard can assist you with this.

Directions: If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. When there are 3 or more swimmers in a lane, swimmers must circle swim counter-clockwise.

Speed: Please try to choose a lane with swimmers that most nearly match your speed. If you need assistance, ask the lifeguard.

SOUTH VALLEY FAMILY YMCA

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POOL RULES

SOUTH VALLEY FAMILY YMCA

General Pool Rules

1. For your safety, the lifeguard on duty has ultimate authority. You will be asked to leave the pool if you fail to respect the lifeguard's authority.
2. In compliance with California State Law, a soap shower is required before entering the pool.
3. YMCA members are not allowed to bring in guests or other members to teach private lessons. Working with members of the same household is acceptable.
4. Please walk on the pool deck at all times.
5. Hair longer than shoulder length must be tied back, braided or in a swim cap.
6. Enter the water feet first, facing the water. Diving, back jumps and "twisty" jumps are not allowed.
7. Only Coast Guard approved flotation devices are allowed in the pool and you are welcome to bring your own. Inflatable flotation devices are not permitted. Limited supplies of lifejackets are available for use.
8. No hanging on lane lines, ladders or railings.
9. Plastic bottles are allowed on the pool deck. Food, gum and glass containers are not allowed.
10. Inappropriate behavior, rough housing and foul language will NOT be permitted.
11. Bathing suites are the required attire. Street clothes, cutoffs, cotton shirts and diapers are not allowed. Children 3 years old and younger must wear reusable plastic swim pants over a disposable swim diaper.

Open Swim (lanes designated by {} on the schedule)

Open swim is designed to provide a fun, safe environment for members and their guests to enjoy the pool together. Barbells and float belts are for use during YMCA Swim Lessons. Noodles and kickboards may sometimes be used at the lifeguard's discretion.

Swim Testing

1. In accordance with YMCA of Silicon Valley procedures, all children under age 13 will be swim tested each time they come to the pool. All youth who pass the swim test will be provided proof that they have passed by receiving a wristband.
2. Children ages 6 and under must be under the supervision of an adult 18 years or older. The adult must be in the pool and within arms reach of a child who is unable to pass the swim test. If a child age 6 and under can pass the swim test, the parent must supervise the child from the pool deck.
3. Children between the ages of 7 and 13 are allowed to swim without adult supervision provided they pass a swim test. Those who can not pass a swim test must be in a lifejacket and have a parent or someone over 16 years old on deck at all times. There are no exceptions.
4. If the child cannot pass a swim test or will not perform a swim test, a lifejacket is required and an adult must be in the water within arms reach of the child. A lifejacket is not required if an adult is in the water holding a child.
5. If more than one child is in the pool with an adult and both are unable to pass and/or take a swim test, one child must be in the arms of the adult and the other child in a life vest.

The required swim tests are:

Deep Water (4 feet or deeper): Swim the length of the pool with face in the water without assistance, jump in, recover to a back float position, swim to the wall, tread water for 1 minute, and must understand pool rules.

Shallow Water (Less than 4 feet): Jump unaided into the shallow water, recover to a standing position or tread water, swim double the length of the area, and climb out of the pool.

Lap Swim (lanes designated by () on the schedule)

1. Lap Swim is designed to be a workout time for Facility Members.
2. Lap swimmers must be at least 12 years old and able to circle swim two full lengths of the pool (50 yards) continuously.
3. When the pool is busy (4 or more people in a lane), adult members will be given the priority for lap swim and children 11 and younger will be asked to move to the Open Swim area.
4. Members must share lanes when there are more lap swimmers than lanes available and are expected to follow the etiquette below.
5. Kickboards and pull buoys are available for use while lap swimming.
6. A child who cannot keep pace with adult lap swimmers will be asked to move to a different lane or the open swim area.

Lap Swim Etiquette

1. Choose the lane that best fits your swimming ability and speed before entering the water.
2. Circle swim (counter clockwise) when there are more than two swimmers per lane.
3. Maximum of six swimmers per lane.
4. Please be alert to lane lines when they are being added or removed from the pool. There may be a delay in the pool schedule between changing activities.