





POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:00 - 7:00 am					LAP SWIM 7:00-9:00am	OPEN SWIM 1:00-3:00pm
	JOINT EFFORT 9:00-10:00 Ann	JOINT EFFORT 9:00-10:00 Ann	JOINT EFFORT 9:00-10:00 Ann		AQUA ZUMBA 10:00-11:00 Rosalinda/Jean	LAP SWIM 3:15-5:00pm
AQUA ZUMBA 10:00-11:00 Jean		AQUA ZUMBA 10:00-11:00 Jean			OPEN SWIM 11:05-3:00pm	
LAP SWIM 11:30 - 1:30 pm					LAP SWIM 3:15-5:00pm	
OPEN SWIM 2:00 - 4:00 pm						 
AQUA ZUMBA 6:30-7:30 Rosalinda	SWIM LESSONS 6:30-7:35	AQUA ZUMBA 6:30-7:30 Rosalinda	SWIM LESSONS 6:30-7:35	OPEN SWIM 6:30-7:45 pm		
OPEN SWIM 7:45 - 8:45 pm			SCUBA 7:45-8:45			

Aqua ZUMBA - Only one piece swim suits allowed, cover with shorts and tops if preferred.



YMCA Lifeguards are required to call a 10 minute SAFETY BREAK at the end of each hour.

POOL RULES

1. Shower before entering pool
2. No glass, food, gum or drink allowed in pool.
3. A responsible party must supervise patrons under the age of 7 at all times. A responsible party is defined as a person 16 years of age or older who has the ability to swim.
4. Infants are required to wear plastic pants or swim diapers in pool.
5. No Cut-offs or street clothes are allowed in the pool.
6. No running, pushing, dunking or horseplay at ANY time.
7. No back dives, flips, or twists.
8. No diving in the shallow end.
9. Only those who can pass the Safety swim test are permitted in the deep area in the pool at the lifeguards discretion.
10. No profanity or ill tempered behavior towards other members or YMCA staff will be tolerated. The lifeguards will give warnings and time out to misbehaving and after 2 warnings disciplinary action will be taken which might include suspension from the pool.

**WE BUILD STRONG KIDS,
STRONG FAMILIES, STRONG COMMUNITIES**