



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BAYSIDE FAMILY YMCA INDOOR POOL SCHEDULE

September 5th -17th 2017

Due to unexpected circumstances (i.e. weather, etc.) this schedule is subject to change without notice. Swim Team Begins Practice September 18th.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM Continuous lap swimming. (#) indicates the number of lanes available ** 1 lane not available during birthday parties	5:00-8:00AM 8:00-10:45AM(3) 10:45-4:30PM(4) 4:30-5:15PM(3) 5:15-7:45PM(4) 7:45-9:15PM	5:00-8:00AM 8:00-10:00AM(3) 10:00-4:00PM(4) 4:00-6:00PM 6:00-6:45PM(5) 6:45-9:15PM	5:00-8:00AM 8:00-9:40AM(3) 9:40-10:45PM(2) 10:45-4:30PM(4) 4:30-5:15PM(3) 5:15-7:45PM(4) 7:45-9:15PM	5:00-8:00AM 8:00-10:00AM(3) 10:00-4:30PM(4) 4:30-6:45PM(4) 6:45-9:15PM	5:00-8:00 AM 8:00-11:00AM(3) 11:00-8:00PM (4) 8:00-8:45PM	6:00-8:00 AM 8:00-11:15AM (3) 11:15-5:00PM(4)** 5:00-5:45PM	6:00-8:00 AM 8:00-11:15AM (3) 11:15-5:00PM(4)** 5:00-5:45PM
OPEN SWIM Lap pool for is available for recreational swimming	10:45-1:00pm(2) 2:00-4:00pm(2)	10:00-4:00PM (2)	10:45-4:00PM (2)	10:00-1:00PM(2) 2:00-4:00PM(2)	10:00-4:00PM (2) 6:45-8:00PM(2)	11:15 am-5:00 PM (2)	11:15 am-5:00 PM (2)
FAMILY SWIM The Family pool is open for recreational swimming.	11:00-4:00PM 4:00-5:00PM(½) 5:00-8:00PM	10:00-4:00PM 4:00-6:00PM (½) 6:00-7:15PM 7:15-8:00PM (½)	9:40-10:45AM(½) 10:45-4:00PM 4:00-5:00PM(½) 5:00-8:00PM	10:00-4:00 PM 4:00-4:30PM (½) 4:30-7:15PM 7:15-8:00PM (½)	10:00AM-4:00PM 4:00-5:30PM (½) 5:30-8:00PM	9:00-11:15AM (½) 11:15-5:00PM	9:00-11:15PM (½) 11:15-5:00PM
SPLASH TIME	5:00-8:00 PM		5:00-8:00 PM		3:30-8:00 PM		
WATER EXERCISE \$ Must pre-register ! Must pre-register	SHALLOW WATER 5:45-6:30AM 8:00-8:45AM DEEP WATER 9:00-9:45AM ARTHRITIS CLASS 10:00-10:45 AM Water Walking and Balance (\$) 1:00-1:45PM DEEP WATER 7:15-8:00PM	DEEP WATER 8:00-8:45 AM AQUA ZUMBA 9:00-9:45 AM SHALLOW WATER 7:15-8:00 PM	SHALLOW WATER 5:45-6:00AM SHALLOW WATER 8:00-8:45AM DEEP WATER 9:00-9:45 AM ARTHRITIS CLASS 10:00-10:45 AM DEEP WATER 7:15-8:00PM	DEEP WATER 8:00-8:45 AM AQUA ZUMBA 9:00-9:45 AM Water Walking and Balance (\$) 1:00-1:45PM SHALLOW WATER 7:15-8:00 PM	SHALLOW WATER 8:00-8:45 AM DEEP WATER 9:00-9:45 AM ARTHRITIS CLASS 10:00-10:45 AM		

KEEPING OUR SWIMMERS SAFE !

POOL RULES

1. Follow the YMCA Core Values of caring, honesty respect and responsibility.
2. All swimmers are required to take a cleansing shower before entering the pool.
3. Any swimmer with a communicable disease may not enter the pool.
4. Walking is the way to get around on the pool deck and in the locker rooms.
5. Appropriate swim attire is a must. Children who are not potty trained must wear swim diapers.
6. Diving is allowed only in the designated areas of the deep end.
7. Please ask the lifeguard before using equipment such as noodles and other toys.
8. Only Coast Guard approved swim aids are allowed.
9. Please do not chew gum or bring glass containers onto the pool deck.
10. Any swimmer who does not pass the swim test must remain in the shallow end of the pool.
11. Those with shoulder length (or longer) hair must have it pulled up or wear a bathing cap.
12. Band aids or other bandages must be removed prior to swimming.
13. Underwater breath holding is strictly prohibited.
14. Parents are responsible for the supervision of their children.
15. Lifeguards are responsible for the safety of all- please be respectful if they speak with you.

LAP SWIM ETIQUETTE

1. Please check in with other swimmers in a lane before starting to swim.
2. Swimmers are expected to share lanes when needed:
 - 2 swimmers in a lane: Split the lane in half
 - 3 or more swimmers per lane: CIRCLE swim staying to the right.
3. Please choose a lap lane with swimmers of a similar speed/ability when possible.

GUIDELINES FOR CHILDREN IN THE POOL

Ages 6 & Under

Must be accompanied in the water by an adult (18+) regardless of the child's swimming ability.

Ages 7-10

Must have an adult (18+) remain on the pool deck.

Ages 7-15 who do not pass the Shallow End Test (Yellow Band)

Must have an adult in the water or wear a lifejacket.

*All adults accompanying children in the water must remain within arms reach of the child.

SWIM LEVELS

All children must wear their swim band in the pool during open or family swim times.

RED (Non-swimmers)

- Must wear a flotation device

YELLOW (Shallow End Only)

- Swim from the wall to the line
- Float on back for 30 seconds

GREEN (Shallow or Deep End)

- Jump into the deep end
- Swim 25 yards freestyle
- Swim 25 yards backstroke
- Tread water for 1 minute
- Float on your back for 30 seconds