

# Pool Rules

Maximum bather load: 60 bathers

1. All bathers must take a cleansing shower with soap and hot water prior to entering the Aquatic Venue
2. Any person who currently has or had diarrhea within the prior two weeks is prohibited from using the Aquatic Venue
3. Any person with an infectious and/or communicable disease shall be prohibited from utilizing the swimming pool, including persons with open lesions, blisters and/or cuts or rashes
4. Hyperventilation or extended breath holding activities are prohibited
5. Spitting, spouting water, and blowing the nose in the swimming pool are prohibited
6. Running, boisterous, or rough play in the swimming pool and surrounding areas are prohibited
7. Pets and other animals are prohibited within the swimming pool and pool deck area except for service animals accompanied by their owner
8. Food and drink within the swimming pool and pool deck are prohibited including any glassware. Water in plastic containers is allowed
9. Swimmers ages 6 & under must be accompanied in the water by an adult (18+) regardless of child's swimming ability. The adult must remain within arm's reach of the child
10. Swimmers ages 7-10 must have an adult (18+) remain on the pool deck
11. A deep end test is given to anyone under the age of 18 who would like to swim in the deep end. The deep end test is swimming one length of the pool on your stomach one length of the pool on your back, and treading water for 1 minute

# Reglas de la piscina

Carga máxima de bañistas: 60 bañistas

1. Todos los bañistas deben tomar una ducha de limpieza con jabón y agua caliente antes de ingresar al Recinto Acuático
2. Cualquier persona que actualmente tenga o haya tenido diarrea dentro de las dos semanas anteriores tiene prohibido usar el Lugar Acuático.
3. Se prohibirá a cualquier persona con una enfermedad infecciosa y/o transmisible utilizar la piscina, incluidas las personas con lesiones abiertas, ampollas y/o cortes o erupciones cutáneas.
4. La hiperventilación o las actividades prolongadas de contención de la respiración están prohibidas
5. Está prohibido escupir, escupir agua y sonarse la nariz en la piscina
6. Está prohibido correr, bullicioso o jugar bruscamente en la piscina y sus alrededores.
7. Las mascotas y otros animales están prohibidos dentro de la piscina y el área de la cubierta de la piscina, excepto los animales de servicio acompañados por su dueño.
8. La comida y la bebida dentro de la piscina y la terraza de la piscina están prohibidas, incluida cualquier cristalería. Se permite el agua en recipientes de plástico
9. Los nadadores de 6 años o menos deben estar acompañados en el agua por un adulto (18+) independientemente de la capacidad de natación del niño. El adulto debe permanecer al alcance de la mano del niño
10. Los nadadores de 7 a 10 años deben tener un adulto (18+) en la cubierta de la piscina
11. Se realiza una prueba de extremo profundo a cualquier persona menor de 18 años que desee nadar en el extremo profundo. La prueba de extremo profundo es nadar una longitud de la piscina sobre el estómago, una longitud de la piscina sobre la espalda, y pisar el agua durante 1 minuto.



# Aquatics Schedule

## Effective January 4th– February 19th

**Cranston YMCA**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 6 Lanes 5-9 am	Adult Lap Swim 6 Lanes 5-8:45 am	Adult Lap Swim 6 Lanes 5-8:45 am	Adult Lap Swim 6 Lanes 5-8:45 am	Adult Lap Swim 6 Lanes 5-9 am	Adult Lap Swim 6 Lanes 6-6:30 am	Adult Lap Swim 6 Lanes 6-8am
Lap Leisure 5 Lanes 9-10:30am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Water Fitness Full Pool 9-10am	Lap Leisure 5 Lanes 9am-2pm	Lap Leisure 3 Lanes 6:30-8am	Marlins Swim Team 3 Lanes 6:30-8am
Lap Leisure 3 Lanes 10:35-11:05am	Lap Leisure 5 Lanes 10am-1pm	Lap Leisure 5 Lanes 10am-11am	Lap Leisure 5 Lanes 10am-1pm		Swim Lessons 8am-12:45pm	
Lap Leisure 5 Lanes 11:05am-1pm				Lap Leisure 3 Lanes 11:20am-12:20pm	Family Swim Full Pool 1-3pm	
Lap Leisure 3 Lanes 1-5:30pm	Swim Lessons 3 Lanes 1-3pm	Lap Leisure 3 Lanes 1am-2:30pm	Lap Leisure 3 Lanes 1-2:30pm	Lap Leisure 2 Lanes 2-4pm	Deep Water Aerobics 3 Lanes 2-3pm	Swim Lessons 3 Lanes 3-5:15pm
Deep Water Aerobics 3 Lanes 3-4pm	Family Swim 3 Lanes 1-3pm	Family Swim 3 Lanes 12:30-4pm	Family Swim 3 Lanes 1-3pm	Family Swim 3 Lanes 4-5:30pm	Family Swim 3 Lanes 4-5:30pm	
Mini Marlins 3 Lanes 5:30-6:30pm	Family Swim 3 Lanes 4-6:30pm	2 Lanes 2:30-4 pm	2 Lanes 2:30-4 pm	Deep Water Aerobics 3 Lanes 3-4pm	Swim Lessons 3 Lanes 4-6:30pm	Swim Lessons 3 Lanes 4-6:30pm
Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 6:30-8pm	Marlins Swim Team 6 Lanes 6:30-8pm	Adult Lap Swim 3 Lanes 5:30-6:30pm	Aqua Fit 3 Lanes 5:30-6:30pm	
Adult Lap Swim 6 Lanes 8-8:45pm	Adult Lap Swim 6 Lanes 8-8:45pm	Master Swim Program 6 Lanes 8-9pm	Adult Lap Swim 3 Lanes 8-8:45pm	Deep Water Aerobics 3 Lanes 8-8:45pm		



\* Lap Swim hours are circle swim depending on demand.

\*Adult Lap means there are no one under 18 in the pool

\*Lap Leisure means all ages are welcome.

\*Please note that schedule is subject to change due to demand, participation and weather

- Pool Closures**
- January 21st 1pm-Close
  - January 23rd 3-8pm
  - January 28th 1pm-Close
  - February 6th 3-5pm
  - February 13th 2-5pm
  - February 11th 11am-Close