



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

JOHN A. DAVIS FAMILY YMCA

FALL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:30-10:15am 11:45am-8:00pm	LAP SWIM 5:30-10:15am 11:45am-8:00pm	LAP SWIM 5:30-10:15am 11:45am-8:00pm	LAP SWIM 5:30-10:15am 11:45am-8:00pm	LAP SWIM 5:30-10:15am 11:45am-6:30pm	LAP SWIM 7:00-5:00pm 9:00am-12:00pm (1 lane available)	LAP SWIM 9:00am-3:00pm
WATER AEROBICS 10:30-11:30am	WATER AEROBICS 10:30-11:30am	WATER AEROBICS 10:30-11:30am	WATER AEROBICS 10:30-11:30am	WATER AEROBICS 10:30-11:30am	WATER AEROBICS 9:00-10:00am	FAMILY SWIM 9:00am-3:00pm
GROUP SWIM LESSONS 3:30-6:30pm	SEA WOLVES SWIM TEAM PRACTICE 5:00-7:00pm	GROUP SWIM LESSONS 3:30-6:30pm	SEA WOLVES SWIM TEAM PRACTICE 5:00-7:00pm	FAMILY SWIM 11:45am-6:30pm	GROUP SWIM LESSONS 9:00am-12:40pm	
SEA WOLVES SWIM TEAM PRACTICE 5:00-7:00pm	FAMILY SWIM 11:45am-8:00pm	SEA WOLVES SWIM TEAM PRACTICE 5:00-7:00pm	FAMILY SWIM 11:45am-8:00pm		FAMILY SWIM 12:30-5:00pm	
FAMILY SWIM 11:45am-8:00pm	WATER AEROBICS 6:00-7:00pm	FAMILY SWIM 11:45am-8:00pm	WATER AEROBICS 6:00-7:00pm			

SHADED AREAS = REGISTERED PROGRAM PARTICIPANTS ONLY



REGISTER FOR  
SWIM LESSONS  
TODAY!

YMCA POOL HOURS | M-TH: 5:30AM-8:00PM, FRIDAY 5:30AM-6:30PM SATURDAY: 7:00AM-5:00PM & SUNDAY: 9:00AM-3:00PM.

CLASSES NOT SHADED ARE FREE FOR MEMBERS (NON-MEMBERS PAY DAY USE FEE). SPA SUBJECT TO CLOSURE FOR MAINTENANCE. Schedule subject to change. Questions?

# SAFETY FIRST



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## General Aquatics Guidelines

### JOHN A. DAVIS FAMILY YMCA

#### SWIM TEST REQUIREMENTS

Jump in deep end, recover comfortably, tread water for 1 minute, and immediately swim 25 yards front crawl. The primary lifeguard on duty will not administer a swim test. Please seek out the secondary guard or aquatics director to administer the test. If neither are available, we will help you as soon as we can.

#### AGE GUIDELINES

**Ages 0-6:** must be accompanied by a guardian (age 18+) at all times.

**Ages 7-12:** may use the aquatics facility with guardian, or if the guardian is located in the facility. Guardian must check the child in to the pool.

**Ages 13-17:** May use the aquatics facility without a guardian.

**Ages 18+:** May use the aquatics facility without a guardian and may supervise children ages 6 and under.

Adults with multiple children age 0-6 years must stay together in the water within arm's reach of the children. We ask that you follow the ratio of 1 adult to 1 child age 0-6 while in the water.

#### NON SWIMMERS

Minors who cannot pass the swim test or stand comfortably in the swim zone must be accompanied by an adult at all times. The adult must be in the water, remain within arms reach, and actively supervise the minor.

#### PERSONAL FLOATATION DEVICES (PFD)

Swimmers who cannot pass a swim test, who aren't enrolled in a formal lesson, or comfortably touch in 4.5 feet of water will be required to wear a PFD. PFDs must be US Coast Guard approved. The Y is happy to provide options while you are here if you cannot bring your own. Please ask for assistance if you need help selecting the proper size. We do not allow inflatable devices such as water wings. We also do not allow swim suits with foam inserts.

#### RESTROOM

Be sure that children use the restroom, or are wearing a swim diaper before entering the pool. In addition, please do not allow your child to swim if they are sick, has an upset stomach, or has recently eaten. Health regulations mandate that we close the pool for up to 30 hours should an accident occur in the water. Children ages 6+ must use their gender specific locker room. Gender neutral restrooms are available on the pool deck.

#### PHOTOGRAPHY

To protect everyone's privacy, we ask that you refrain from taking photos of the pool. If a photo can be taken in a manner in which only yourself or your children are in the frame, you may take photos. During swim lessons, we ask that you only take photos on the last day of class in the aforementioned manner. Electronic devices aren't to be used while in the pool or spa.

#### SPA

- Maximum occupancy is 15
- No one under 13 is allowed in the spa at anytime
- Limit time in the spa to 10 minutes or less
- Do not submerge head, swim, or exercise in the spa
- Food, drinks, and gum are prohibited in the spa area (water is permitted in plastic bottles only)