



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

SUMMER SCHEDULE EFFECTIVE FROM JUNE 2–AUGUST 31, 2017

ADULT Lap Swim is for ages 14 and older.

Family Swim is for families only. Parents must be in the water with children.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 -7:15 am Adult Lap Swim 2 lanes	5:45 -7:15 am Adult Lap Swim 2 lanes	5:45 -7:15 am Adult Lap Swim 2 lanes	5:45 -7:15 am Adult Lap Swim 2 lanes	5:45 -7:15 am Adult Lap Swim 2 lanes		
						8:30-9:30am Adult Lap Swim	
	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:00-10:00am Aquanastics	9:30-10:30am Swim lessons	
	9:30-11:00am Swimming Lessons	9:30-11:00am Swimming Lessons	9:30-11:00am Swimming Lessons	9:30-11:00am Swimming Lessons			
	12:00-1:00pm Adult Lap Swim 2 lanes	12:00-1:00pm Adult Lap Swim 2 lanes	12:00-1:00pm Adult Lap Swim 2 lanes	12:00-1:00pm Adult Lap Swim 2 lanes	12:00-1:00pm Adult Lap Swim 2 lanes		
	1:00-5:00pm Open Swim	1:00-5:00pm Open Swim	1:00-5:00pm Open Swim	1:00-5:00pm Open Swim	1:00-5:00pm Open Swim	1:00-6:30pm Open Swim	1:15-2:30 Adult Lap Swim 2 lanes
	5:00-6:00pm Adult Lap Swim 2 lanes	5:00-6:00pm Adult Lap Swim 2 lanes	5:00-6:00pm Adult Lap Swim 2 lanes	5:00-6:00pm Adult Lap Swim 2 lanes	5:00-6:00pm Adult Lap Swim 2 lanes		1:15-5:30pm Open Swim
	5:00-6:00pm Swimming Lessons	6:00-7:00pm Swimming Lessons	5:00-6:00pm Swimming Lessons	6:00-7:00pm Swimming Lessons			
	6:00-8:30pm Open Swim		6:00-8:30pm Open Swim		6:00-7:30pm Open Swim		
		7:00-8:30pm Open Swim Indoor		7:00-8:30pm Open Swim Indoor			

Swim tests will be conducted the first 10 minutes when the pool opens. Additionally, the last 10 minutes every hour except during break times (3-3:10pm).

Safety Breaks:

The Worthington Area YMCA will take a 10 minute safety break from 3:00-3:10pm. All patrons are required to exit the water at this time. Lifeguards will blow a long whistle to gather patron’s attention for break.

Swim Test Policy:

The YMCA gives swim tests to all children who intend to swim beyond the divider ropes, between shallow and deep water. Children must earn a deep water band to swim in water 5ft or deeper. The deep water band will be yellow. **To earn a band:** child must be able to comfortably enter the water, and tread with their head above for 10 seconds. After treading water, they will begin swimming the width of the pool on their stomach with face in the water *using over-arm strokes*. This process will be conducted in the presence YMCA Aquatics Staff. Youth that have already passed the swim test may receive a band from the front desk staff when they check in.



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OUTDOOR POOL SCHEDULE

SUMMER SCHEDULE EFFECTIVE FROM JUNE 2–AUGUST 31, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00–5:00pm Open Swim	1:00–5:00pm Open Swim	1:00–5:00pm Open Swim	1:00–5:00pm Open Swim	1:00–5:00pm Open Swim	1:00–6:30pm Open Swim	1:15–5:30pm Open Swim
6:00–7:30pm Open Swim	6:00–7:30pm Open Swim	6:00–7:30pm Open Swim	6:00–7:30pm Open Swim	6:00–7:30pm Open Swim		
Outdoor pool is open, weather permitting						

Thunder/Lightning:

The Worthington Area YMCA will close the pool facility for 30 minutes due to thunder or lightning. At the end of 30 minutes, the Aquatics staff will re-evaluate conditions and decide to re-open, postpone due to continuing thunder or lightning or close.

Key Pool Rules:

1. The Lifeguards' word is final.
2. Children 7 and under must be accompanied by an adult or guardian.
3. U.S. Coast Guard approved lifejackets only. Any person wearing a lifejacket is not allowed down slides, off the diving board or allowed in deep water.
4. Walk; do not run on the pool deck.

For a comprehensive list of pool rules and regulations, please stop by the front desk.