



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL

MAY 2012

MONDAY					
Time	Activity	Note	Time	Activity	Note
5:30-8:55am	Lap Swim	3 Lanes from 8-8:55	1:30-4:25pm	Lap Swim	2 Lanes Only
8:05-8:55am	Water Jogging	1 Lane Only Max 5	4:30-7:30pm	Swim Lessons	
9:00-10:00am	Water Aerobics		7:30-8:30pm	Water Aerobics	
10:05-1:30pm	Lap Swim		8:35-9:45pm	Lap Swim	Youth lane 8:35-9:15pm
1:30-3:25pm	Open Swim	2 Lanes Only	POOL DECK CLOSSES AT 9:45PM		
TUESDAY					
Time	Activity	Note	Time	Activity	Note
5:30-8:55am	Lap Swim	3 Lanes from 8-8:55	1:30-3:55pm	Lap Swim	2 Lanes Only
8:05-8:55am	Water Jogging	1 Lane Only Max 5	4:00-7:00pm	Swim Lessons	
9:00-10:00am	Water Aerobics		6:35-7:00pm	Lap Swim	2 Lanes Only
10:05-1:30pm	Lap Swim		7:05-9:45pm	Lap Swim	Youth lane 8:35-9:15pm
1:30-3:25pm	Open Swim	2 Lanes only	POOL DECK CLOSSES AT 9:45PM		
WEDNESDAY					
Time	Activity	Note	Time	Activity	Note
5:30-8:55am	Lap Swim	3 Lanes from 8-8:55	1:30-4:25pm	Lap Swim	2 Lanes Only
8:05-8:55am	Water Jogging	1 Lane Only Max 5	4:30-7:30pm	Swim Lessons	
9:00-10:00am	Water Aerobics		7:30-8:30pm	Water Aerobics	
10:05-1:30pm	Lap Swim		8:35-9:45pm	Lap Swim	Youth lane 8:35-9:15pm
1:30-3:25pm	Open Swim	2 Lanes Only	POOL DECK CLOSSES AT 9:45PM		
THURSDAY					
Time	Activity	Note	Time	Activity	Note
5:30-8:55am	Lap Swim	3 Lanes from 8-8:55	1:30-3:55pm	Lap Swim	2 Lanes Only
8:05-8:55am	Water Jogging	1 Lane Only Max 5	4:00-7:00pm	Swim Lessons	
9:00-10:00am	Water Aerobics		6:35-7:00pm	Lap Swim	2 Lanes Only
10:05-1:30pm	Lap Swim		7:05-9:45pm	Lap Swim	Youth lane 8:35-9:15pm
1:30-3:25pm	Open Swim	2 Lanes only	POOL DECK CLOSSES AT 9:45PM		
FRIDAY					
Time	Activity	Note	Time	Activity	Note
5:30-8:55am	Lap Swim	3 Lanes from 8-8:55	1:30-3:55pm	Lap Swim	2 Lanes Only
8:05-8:55am	Water Jogging	1 Lane only Max 5	4:00-7:00pm	Swim Lessons	
9:00-10:00am	Water Aerobics		7:05-9:45pm	Lap Swim	Youth lane 7:35-8:35pm
10:05-1:30pm	Lap Swim		POOL DECK CLOSSES AT 9:45PM		
1:30-3:25pm	Open Swim	2 Lanes only			
SATURDAY					
Time	Activity	Note	Time	Activity	Note
7:00-8:55am	Lap Swim		1:05-2:30pm	Lap Swim	Youth lane 1:35-2:30pm
9:00-10:00am	Water Aerobics		2:35-4:30pm	Open Swim	
10:00-1:00pm	Swim Lessons		4:35-6:15pm	Lap Swim	
			POOL DECK CLOSSES AT 6:15PM		
SUNDAY					
Time	Activity	Note	Time	Activity	Note
9:00-12:00pm	Lap Swim		3:05-4:45pm	Open Swim	2 Lanes only
12:00-3:00pm	CLOSED		3:05-4:45pm	Lap Swim	2 Lanes only
			POOL DECK CLOSSES AT 4:45PM		

Pool Rules

1. You **must** take a cleansing shower before entering the pool.
2. All swimmers five (5) years old and under **must** be accompanied by a parent or adult guardian who can swim.
Parent/Child Ratio 1:1
3. If you are a non-swimmer, and are six (6) years of age or older, you **must** have a Coast Guard approved Personal Flotation Device or be at least 4 ½ feet tall. Non Swimmers are not allowed in the deep end. (Lifeguard has final say on flotation devices.)
4. **Listen to the lifeguard at all times.** Lifeguards have the **final say** on all pool rules.
5. **No** running on the pool deck.
6. **No** diving in the Training pool. Diving is only permitted in the Lap pool at the 9ft depth.
7. **No** rough housing, chicken fights or piggyback rides.
8. **No** food, gum or drinks. (Plastic H2O bottles ok)
9. Kick boards, water buoys and noodles are to be used for instructional purposes only. Children must have lifeguard approval first.
10. Persons with open wounds, skin lesions, sores or inflamed eyes or mouth, nose or ear discharge, or who may be a carrier of micro-organisms of any communicable disease, shall not use the pool.
11. Urinating, expectorating, spitting or blowing your nose in the pool is prohibited.
12. Persons not wearing appropriate swimming attire will not be allowed in the water. Changing clothes or dressing on the pool deck is not permitted.
13. Plastic diaper covers must be worn over diapers for children who are not potty trained.

Lap Swim Courtesy Policy

To ensure the safety and enjoyment of all members please abide by the following courtesy policy:

1. For safety purposes we ask that you enter the pool at the shallow end.
2. **NOTIFY** all lap swimmers in the lane of your presence verbally or by tapping them on the hand or arm **BEFORE** entering the water.
3. **DO NOT DIVE** in the SHALLOW END, if you wish to enter the pool with a dive, it must be done in the DEEP END when no other swimmers are in the lane.
4. If you need to rest in between laps, rest at the extreme corners of the lane to avoid blocking the turning area.
5. When swimming **Breaststroke**, swim as close to the lane line as possible to avoid hitting other swimmers in the lane.
6. To prevent injuries, the **Butterfly** stroke may only be performed if **no other swimmers** are in your lane.
7. **WATER JOGGING** is only permitted in the slow Lanes when no more than one (1) other swimmer is in the water. *If there are other swimmers waiting to use the lane WATER JOGGING IS **NOT PERMITTED**.*
8. To ensure member satisfaction and safety, please choose the lane that best fits your swimming speed.

**Please remember to be considerate and treat others the way you wish to be treated.
Help make your YMCA experience a safe and pleasant one!**

Lap Swim Lane Policy

Fast Lane:

Designated by a sign.
Circle Swimming required when more than 2 are in a lane.
Must swim 2 lengths in under 90 seconds consistently.
Maximum of four (4) swimmers in a lane at a time.
When the lane is at maximum capacity ALL swimmers **MUST** swim freestyle to avoid collisions in the water.
Slower swimmers must allow faster swimmers to pass by waiting at the end of the lane.

Medium Lane:

The lane to the immediate left of the Fast Lane.
Circle Swimming required when more than 2 are in a lane.
Must swim 2 lengths in under 140 seconds consistently.
Same rules apply as for fast lane.
Maximum of three (3) swimmers in lane at a time.

Slow Lane:

The two outside Lanes.
Circle Swimming required when more than 2 are in a lane.
Go at your own pace, stay to the right, except to pass and use caution on turns.
If resting, stand in the extreme corner of Lanes. Do not block turning area.
Maximum of three (3) swimmers in lane at a time.

- You must be at least 15 years of age to participate in Adult Lap Swim and use the Spa.
- A Fast Lane will be designated by a sign for those who are experienced and fast paced only.
- During some Lap Swim times a lane will be designated for Youth Lap swimmers ages 9-14 years old. Only youths who are Lap swimming and abiding by the rules will be allowed at this time.