



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# POOL SCHEDULE

## James Family Prescott YMCA

**January 2021–February 2021**

- Swim Lane Max: x2 ppl per lane.
- Max Open Rec: 75 patrons for 2 hours (60 in pool/15 on deck)
- All non-swimmers are required to wear a face covering on deck.
- Lap swimmers should share lanes.
- Families are encouraged to share a lane.
- Individuals not in the same household stop on

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LAP SWIM</b> (#) = # of lanes available	Closed	5:00a-10:50a (6) 2:00p-6:30p (3)	5:00a-10:50a (6) 2:00p-6:30p (3)	5:00a-10:50a (6) 2:00p-6:30p (3)	5:00a-10:50a (6) 2:00p-6:30p (3)	5:00a-10:50a (6) 2:00p-6:30p (3)	8:00a-2:30p (3)
<b>OPEN REC</b> Max: 75 ppl	Closed	2:00p-6:30p (3)	2:00p-6:30p (3)	2:00p-6:30p (3)	2:00p-6:30p (3)	2:00p-6:30p (3)	8:00a-2:30p (3)
<b>YMCA Youth Swim Lessons</b>	Closed						
<b>Private Swim Lessons</b>	Closed	11:00a-2:00P (Pool Closed)	11:00a-2:00P (Pool Closed)	11:00a-2:00P (Pool Closed)	11:00a-2:00P (Pool Closed)	11:00a-2:00P (Pool Closed)	8:00a- 2:30 p (3)
<b>Arthritis Class (Shallow Pool)</b>	Closed		10:00a-11:00a		10:00a-11:00a		
<b>Deep Water Aerobics (Dive Well)</b>	Closed	8:00a-8:50a		8:00a-8:50a		8:00a-8:50a	

### COVID-19 Procedures

- All swimmers must shower before entering the pool area using locker room, or hose on deck.
  - Must put all used equipment in our dirty bin for decontamination (near the aquatics office/ locker rooms)
  - Must remain 6 feet apart
  - If two people are in a lane, must stop on opposites sides of the pool (shallow and deep)
  - Benches have been placed 6 or more feet apart, only 1 person’s / families belonging per bench
- Swim Lesson Procedures**
- Only 1 adult may accompany swim lesson participants on the pool deck, no additional children may accompany the adult. You may reserve a spot for open rec swim, if doing private lessons with an instructor, then your other children and adults are allowed in the pool (if you are members). Non-members are not allowed to bring additional family.
  - Private swim lessons may be conducted in the Dive Well/Lap lanes, (when available) parent child swim, or open rec ONLY
  - All group swim lesson participants should arrive in their swim suits and are encouraged to leave in their swim suits.
- Open Rec Swim/ Parent Child Swim**
- To limit the number of people participating in aquatics activities, we are maxing our pool space to 75 patrons (30 Lap pool, 8 Dive well, 15 Activity pool, 15 on deck) first come first served, and no more than 2 hours.
  - Please do not bring pool toys to the facility as other kids may want to join your family in the fun, please keep your distance from other families. Lifeguards primary responsibility is surveillance of the pool, we ask you support their efforts by following social distancing protocols.
  - Families are to stay in their "Pods" and limit interaction with other swimmers/families during open rec hours.



# SAFETY FIRST

## General Aquatics Guidelines

### JAMES FAMILY PRESCOTT YMCA

#### SWIM TEST REQUIREMENTS:

Jump into the deep end, recover comfortably, tread water 30 seconds, and immediately swim 25 yards front crawl.

**Ages 0-5yrs:** Must be accompanied by a guardian at all times.

**Ages 6-9yrs:** May use the aquatics facility with a guardian present on the pool deck.

**Ages 10-12yrs:** May use the aquatics facility with a guardian present in the facility.

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

**Ages 18+:** May use the aquatics facility without a guardian and may supervise children ages 9 and under.

**Adults with multiple children 0-6 years must stay together in the water within arm's reach of the children.**

Youth ages 0-5 years found in the water without adult supervision within arm's reach will be reunited with their responsible adult one (1) time per day. If a child is reunited with his/her responsible adult a second (2nd) time in one day, the family will be asked to leave the pool facilities.

Aquatic Staff reserves the right to remove any colored wristband for:

- Observed swimming skills below the swim test standard
- Failing to meet the height requirement

#### Red Zone:

- Children under 48" and/or cannot pass the swim test.
- Must have an adult in the water within arm's reach.
- Adult must be actively involved in the supervision of the child.

#### Yellow Zone:

- Children 48" or taller and cannot pass the swim test.
- Must have an adult in the water within arm's reach if 5 or younger.
- Adult must be actively involved in the supervision of the child if child is 6-9.

#### Green Zone:

- Children who pass the swim test.
- Children 9 and under must still be accompanied by an adult.
- Any child who passes the swim test will have access to all pool zones.

#### Descriptions of pool events

**Lap Swim:** Lanes open for fitness swimming or independent exercise, number of lanes in parenthesis next to times

**Open Rec:** Diving board open, slide on, open use for public and members. No more than 75 patrons max, first come first serve.

**Open Exercise:** Independent exercise without instruction in the dive well, diving board closed.

**Group Lessons:** Structured swim lessons for adults and youth. Registration Required. Pool is CLOSED for swim lessons only.

**Water Aerobics:** Deep water and shallow water exercise classes focusing on developing muscular strength and cardiovascular endurance.

**Warm Water Exercise:** Gentle exercise designed for anyone.

**YMCA Camps:** Free swim time for our preschools or after school programs. Pool is CLOSED to all outside patrons during their swim times.

**Parent Child Swim:** Designed for children 12 years of age or younger to swim with a parent in the pool without the slide or board open.