



POOL SCHEDULE

James Family Prescott YMCA

Sept. 28th-Oct. 31st

2020

- No reservations necessary, first come, first served.
- Max open rec: 50 patrons can only stay for that 2 hour time frame
- Lap swimmers should share lanes.
- Families are encouraged to share a lane.
- Individuals not in the same household stop

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM (#) = # of lanes available	Closed	6:00a-10:50a (6) 2:00p-5:50p (3)	6:00a-10:50a (6) 2:00p-5:50p (3)	6:00a-10:50a (6) 2:00p-5:50p (3)	6:00a-10:50a (6) 2:00p-5:50p (3)	6:00a-10:50a (6) 2:00p-5:50p (3)	8:00a-1:00p (3)
OPEN REC (members only) Max 50ppl	Closed	2:00p-5:50p (3)	2:00p-5:50p (3)	2:00p-5:50p (3)	2:00p-5:00p (3) October 1st and 22nd Unavailable due to PHS Swim Meets	2:00p-5:50p (3)	8:00a-1:00p (3)
YMCA CAMPS Fall Break Oct 14th-16th	Closed	12:30-1:30p		12:30-1:30p		12:30-1:30p	
PRIVATE SWIM LESSONS	Closed	11:00a-1:45P	11:00a-1:45P	11:00a-1:45P	11:00a-1:45P	11:00a-1:45P	8:00a-1:00p (3)
PHS SWIM TEAM	Closed	6:00p-8:00p	6:00p-8:00p	6:00p-8:00p		6:00p-8:00p	

COVID-19 Procedures

- All swimmers must shower before entering the pool area (will be strictly enforced) 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 during "open dive well" times, 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 50 patrons, first



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FOR HEALTHY LIVING
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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

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

Green Zone:

- Children who pass the swim test.
- Children 9 and under must still be accompanied by an adult.

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 50 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, members only.

Water Aerobics: Deep water and shallow water exercise classes focusing on developing muscular strength and cardiovascular endurance. (ETA November)

Warm Water Exercise: Gentle exercise designed for anyone. (ETA November)

YMCA Camps: Free swim time for our preschools