

POOL SCHEDULE

James Family YMCA
August 2023

August 2023 Schedule Updates

1. Preschool swim will be on Thursdays from 11am-11:30am
2. PHS Swim Team will be using the Lap Pool & Dive Well from 4pm-6pm Mon-Fri starting Aug. 7th.
3. PHS Swim Meet Aug. 31st- ALL POOLS CLOSED 3-7pm
4. The pool is closed from 11:00am-3:00pm Mon-Thurs and 11:00am-2:30pm on Fridays

*Pool hours are subject to change due to lifeguard availability *

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM (#) = # of lanes available	9:00a-3:30p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 3:00p-4:00p (6)	5:00a-11:00a (6) 3:00p-4:00p (6)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 3:00p-4:00pm (6)	5:00a-11:00a (6) 3:00p-4:00p (6)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 2:30p-4:00p (6)	8:00a-9:45a (6) 10:00a-5:30p (3)
OPEN REC Lap Pool	9:00a-3:30p						10:00a-5:30p
OPEN REC Activity Pool	9:00a-3:30p	8:30a-11:00a 6:00p-7:00p Slide closed 8:00a-11:00a	8:30a-11:00a 6:00p-7:00p Slide closed 8:00a-11:00a	8:30a-11:00a 6:00p-7:00p Slide closed 8:00a-11:00a	8:30a-11:00a 6:00p-7:00p Slide closed 8:00a-11:00a	8:30a-11:00a 4:00p-6:00p Slide closed 8:00am-11:00a	8:00a-5:30p Slide closed 9-10a
PHS SWIM TEAM		4:00pm-6:00pm Lap Pool & Dive Well	4:00pm-6:00pm Lap Pool & Dive Well	4:00pm-6:00pm Lap Pool & Dive Well	4:00pm-6:00pm Lap Pool & Dive Well	4:00pm-6:00pm Lap Pool & Dive Well	
Group Lessons							Parent-Tot 9:00a-9:30a 9:30a-10:00a
Warm Water Exercise		10:00a-10:50a Pam 9:00a-9:50a Pam	10:00a-10:50a Pam 9:00a-9:50a Pam	10:00a-10:50a Pam 9:00a-9:50a Pam	10:00a-10:50a Pam 9:00a-9:50a Pam	10:00a-10:50a Teri 9:00a-9:50a Teri	
Shallow Water Aerobics		7:55a-8:55a Aimee		7:55a-8:55a Jaime		7:55a-8:55a Jaime	
Deep Water Aerobics		9:00a-9:50a Christie 10:00a-10:50a Christie	9:00a-9:50a Christie 10:00a-10:50a Christie	9:00a-9:50a Christie 10:00a-10:50a Christie	9:00a-9:50a Christie 10:00a-10:50a Christie	9:00a-9:50a Christie 10:00a-10:50a Christie	

REMINDERS!

The activity pool is available for open rec between 8:30am-11am Mon-Fri, 6-7pm Mon-Thur, and 4-6pm Fri. Lap swim and aqua classes will be from 5am-11am Mon-Fri. The slide/diving board will be open **DURING AFTERNOON OPEN REC SWIM ONLY**.

Mermaid tails are **NOT PERMITTED** in the YMCA pool. This is due to various risks to swimmers and goes against our insurance and liability.

Lap Swimmers may be asked to share lanes. We ask that you please be courteous and accommodate when there is room.

We do not loan out our pool equipment during open rec unless enrolled in a swim lesson, actively lap swimming, or actively swimming in a YMCA aqua class. You are welcome to bring your own equipment!

Swim jackets/puddle jumpers **MUST** be U.S. Coast Guard Approved. Families are welcome to borrow our life vests while swimming. Plastic floaties and tubes are not permitted in our pool.

*Pool hours are subject to change due to lifeguard availability *

SAFETY FIRST

General Aquatics Guidelines

JAMES FAMILY PRESCOTT YMCA

SWIM TEST REQUIREMENTS: (Green Wrist Band)

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 0-5 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

Pink Zone:

- Children ages 0-5 years old.
- Adult must be actively in the water with the child.
- Must have an adult in the water within arm's reach at all times.

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

Descriptions of pool events

Lap Swim: Lanes open for fitness swimming or independent exercise, number of lanes in parenthesis next to times. Lap Swimmers may be asked to share lanes. We ask that you please be courteous and accommodate when there is room.

Open Rec: Diving board open, slide on, open use for public and members.

Group Lessons: Structured swim lessons for youth. Registration Required!

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

Warm Water Exercise: Exercise designed for everyone.

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.