



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# POOL SCHEDULE

James Family Prescott

YMCA

April 2021



## Reminders

Lap Lanes: 2 ppl MAX

Must follow Social Distancing Protocols

Lap swimmers should share lanes.

Families are encouraged to share a lane.

Individuals not in the same household stop on opposite ends of the pool.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LAP SWIM</b> (#) = # of lanes available	Closed	5:00a-11:00a (6) 8:00a-8:50a (3) 2:00p-8:30p (3)	5:00a-11:00a (6) 2:00p-4:15p (3) 6:30-8:30p (3)	5:00a-11:00a (6) 8:00a-8:50a (3) 2:00p-8:30p (3)	5:00a-11:00a (6) 2:00p-4:15p (3) 6:30p-8:30p (3)	5:00a-11:00a (6) 2:00p-6:30p (3)	8:00a-2:30p (3)
<b>OPEN REC</b>	Closed	2:00p-8:30p (3)	2:00p-4:15p (3) 6:30p-8:30p	2:00p-8:30p (3)	2:00p-4:15p (3) 6:30p-8:30p	2:00p-6:30p (3)	8:00a-2:30p (3) Slide NOT available: 9:00a-9:30a
<b>YMCA Youth Swim Lessons</b>	Closed		4:30-6:30pm LESSONS ONLY		4:30-6:30pm LESSONS ONLY		Parent/Child 9:00a-9:30am
<b>Preschool</b> Begins April 12th	Closed	3:00p-4:00p			3:00p-4:00p		
<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</b> J= Jennifer P= Pam	Closed	10:00a-11:00a P *Begins April 5th	10:00a-11:00a J	10:00a-11:00a P *Begins April 5th	10:00a-11:00a J	10:00a-11:00a P *Begins April 5th	
<b>Water Aerobics</b>	Closed	8:00-8:50a		8:00-8:50a			
<b>Deep Water Aerobics (Dive Well)</b>	Closed	9:00a-9:50a		9:00a-9:50a		9:00a-9:50a	

## 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 socially distance

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

Swim lesson students must have their temperature checked before the beginning of each class session.

Families may accompany your child for their swim lesson. Families are to stay within their "Pods" and practice social distancing during lessons.

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

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 should stay in their "Pods" and limit interaction with other swimmers/families during open rec hours.



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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 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.