



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

James Family Prescott YMCA

August 2021 (Beginning August 9th)

August Events!

PHS Swim: M-F 3:30pm-4:30pm (No Lanes Available)

Dive Well Unavailable 3:30pm-4:30pm (Swim Team)

Pool will be closed For Swim Meet events during the swim season. (Typically Thursday Afternoons)

Due to staffing, this schedule may be subject to change

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM <small>(#) = # of lanes available</small>	9:00a-3:30p (3)	5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 3:30p-4:30p (0) 4:30p-7:00p (3)	5:00a-11:00a (6) 3:00p-4:30p (3) 3:30p-4:30p (0) 4:30-7:00p (3)	5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 3:30p-4:30p (0) 4:30p-7:00p (3)	5:00a-11:00a (6) 3:30p-4:30p (0) 4:30p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 2:30p-3:30p (3) 3:30p-4:30 (0) 4:30p-6:30p (3)	8:00a-5:30p (3)
OPEN REC	9:00a-3:30p (3)	3:00p-7:00p <small>Small Pool available between 3:30-4:30pm NO DIVE WELL</small>	3:00p-7:00p <small>Small Pool available between 3:30-4:30pm NO DIVE WELL</small>	3:00p-7:00p <small>Small Pool available between 3:30-4:30pm NO DIVE WELL</small>	3:00p-7:00p <small>Small Pool available between 3:30-4:30pm NO DIVE WELL</small>	2:30p-6:30p <small>Small Pool available between 3:30-4:30pm NO DIVE WELL</small>	8:00a-5:30p (3) <small>Slide NOT available: 9:00a-10:00a</small>
Swim Lessons							Parent-Tot 9:00a-9:30a 9:30a-10:00a
Preschool		3:00p-4:00p			3:00p-4:00p		
PHS Swim Team		3:30p-4:30p <small>No Lanes Available</small>	3:30p-4:30p <small>No Lanes Available</small>	3:30p-4:30p <small>No Lanes Available</small>	3:30p-4:30p <small>No Lanes Available</small>	3:30p-4:30p <small>No Lanes Available</small>	
Private Swim Lessons		11:00a-3:00p POOL CLOSED	11:00a-3:00p POOL CLOSED	11:00a-3:00p POOL CLOSED	11:00a-3:00p POOL CLOSED	11:00a-2:30p POOL CLOSED	8:00a-5:30 p (3)
Arthritis Class <small>J= Jennifer P= Pam</small>		10:00a-11:00a P 9:00a-10:00a P	10:00a-11:00a J 9:00a-10:00a J	10:00a-11:00a P 9:00a-10:00a P	10:00a-11:00a J 9:00a-10:00a J	10:00a-11:00a P 9:00a-10:00a P	
Shallow Water Aerobics		8:00a-8:50a		8:00a-8:50a		8:00a-8:50a	
Deep Water Aerobics <small>(Dive Well)</small>		9:00a-9:50a	9:00a-9:50a	9:00a-9:50a	9:00a-9:50a	9:00a-9:50a	

REMINDERS!

- ◆ Slide is on and diving board is open during open rec swim only.
- ◆ Mermaid Tails/ Swim Flippers are not allowed in the pool unless they are used during a YMCA Swim Program. All members will be asked to remove the tails during open rec hours.
- ◆ 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 in a YMCA aqua class. You are more than 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.



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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.

Red Zone:

- Children under 48" and/or cannot pass the swim test.
- Must have an adult in the water within arm's reach.

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.

Green Zone:

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

Descriptions of pool

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.