



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# POOL SCHEDULE

## James Family Prescott YMCA

### January 2022

### January Events!

All Pools open 3:00pm-7:00pm Mon-Thurs and 2:30pm-6:30pm Friday's!

Arthritis Classes held M/W/F 9am-11am. (Activity Pool Available Tue/Thu 9a-11am)

The YMCA Pool is Closed January 1st and 2nd – Happy New Year!!

\*\*Due to staffing, this schedule may be subject to change\*\*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LAP SWIM</b> (#) = # of lanes available	9:00a-3:30p (3)	5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 3:00p-7:00p (3)	5:00a-11:00a (6) 3:00p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 3:00p-7:00p (3)	5:00a-11:00a (6) 3:00p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 2:30p-6:30p (3)	8:00a-5:30p (3)
<b>OPEN REC</b> (#) = # of lanes available	9:00a-3:30p (3)	3:00p-7:00p (3)	9:00a-11:00a (6) 3:00p-7:00p (3)	3:00p-7:00p (3)	9:00a-11:00a (6) 3:00p-7:00p (3)	2:30p-6:30p (3)	8:00a-5:30p (3) Slide <u>NOT</u> available 9:00a-9:30a
<b>Swim Lessons</b>							<b>Parent-Tot</b> 9:00a-9:30a
<b>Preschool</b>		3:00p-4:00p		3:00p-4:00p			
<b>Private Swim Lessons</b>		11:00a-3:00p <b>POOL CLOSED</b>	11:00a-3:00p <b>POOL CLOSED</b>	11:00a-3:00p <b>POOL CLOSED</b>	11:00a-3:00p <b>POOL CLOSED</b>	11:00a-2:30p <b>POOL CLOSED</b>	8:00a-5:30p (3)
<b>Arthritis Class</b> J= Jennifer T= Teri		9:00a-10:00a T 10:00a-11:00a T		9:00a-10:00a T 10:00a-11:00a T		9:00a-10:00a T 10:00a-11:00a T	
<b>Shallow Water Aerobics</b>		8:00a-8:50a		8:00a-8:50a		8:00a-8:50a	
<b>Deep Water Aerobics</b>		9:00a-9:50a 10:00a-10:50a	9:00a-9:50a 10:00a-10:50a	9:00a-9:50a 10:00a-10:50a	9:00a-9:50a 10:00a-10:50a	9:00a-9:50a 10:00a-10:50a	

## REMINDERS

The Slide and Diving Board are open DURING OPEN REC SWIM ONLY.

Mermaid Tails are not allowed in the pool unless they are used during a YMCA Swim Program. During Open Rec Mermaid Tails may be used but on the shallow end of the lap pool behind the first set of flag poles. Green Wrist bands with mermaid tails will be asked to swim behind the first set of flags in the yellow wrist band zone.

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.



# 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.
- Any child who passes the swim test will have access to all pool zones.

#### 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.

**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.