



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

James Family Prescott  
YMCA

MARCH 2023

## MARCH 2023 Schedule Updates

1. Spring Break will be March 13th—17th. The pool will be busy that week!
2. Lifeguard classes will utilize areas of the pool on weekends!
3. Lap swim from 3-4pm Mon-Thurs and 2:30-6:30pm on Friday's. Activity pool **CLOSED** during these times.
4. Open rec swim will be from 4-7pm Mon-Thurs and 3:30-6:30pm on Friday's.
5. Preschool swim will be on Friday's from 3:30pm-4:30pm.
6. The pool is closed from 11:00am-3:00pm Mon-Thurs and 11:00am-2:30pm on Friday's.

	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-8:55a (2) 8:55a-11:00a (6)  3:00p-4:00p (6) 4:00p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6)  3:00p-4:00p (6) 4:00p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6)  3:00p-4:00pm (6) 4:00p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6)  3:00p-4:00p (6) 4:00p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6)  2:30p-3:30p (6) 3:30p-6:30p (3)	8:00a-5:30p (3)
<b>OPEN REC</b>	9:00a-3:30p	4:00p-7:00p Activity pool CLOSED from 11am-4pm PRIVATE LESSONS ONLY 3-4pm	4:00p-7:00p Activity pool CLOSED from 11am-4pm PRIVATE LESSONS ONLY 3-4pm	4:00p-7:00p Activity pool CLOSED from 11am-4pm PRIVATE LESSONS ONLY 3-4pm	4:00p-7:00p Activity pool CLOSED from 11am-4pm PRIVATE LESSONS ONLY 3-4pm	3:30p-6:30p Activity pool CLOSED from 11am-3:30pm PRIVATE LESSONS ONLY 2:30pm-3:30pm	8:00a-5:30p Slide unavailable 9:00a-10:00a
<b>Group Lessons</b>							Parent-Tot 9:00a-9:30a 9:30a-10:00a
<b>Preschool</b>						3:30p-4:30p Activity Pool	
<b>Warm Water Exercise</b>		10:00a-11:00a Teri 9:00a-10:00a Teri	10:00a-11:00a Pam 9:00a-10:00a Pam	10:00a-11:00a Teri 9:00a-10:00a Teri	10:00a-11:00a Pam 9:00a-10:00a Pam	10:00a-11:00a Teri 9:00a-10:00a Teri	
<b>Shallow Water Aerobics</b>		7:55a-8:55a Gwen	7:55-8:55a Pam	7:55a-8:55a Jaime	7:55a-8:55a Jaime	7:55a-8:55a Jaime	
<b>Deep Water Aerobics</b>		9:00a-9:50a 10:00a-10:50a Christie	9:00a-9:50a 10:00a-10:50a Christie	9:00a-9:50a 10:00a-10:50a Christie	9:00a-9:50a 10:00a-10:50a Christie	9:00a-9:50a 10:00a-10:50a Christie	

### REMINDERS!

The activity pool is available for open rec between 5am-11am Mon-Fri AND 4-7pm Mon-Thurs. Open rec will be available in the activity pool from 3:30-6:30pm on Friday's. Lap swim and aqua classes will be from 5am-11am Mon-Fri. No open rec swim in the lap pool 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.

Private Lessons may only be taught during pool operation hours!

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.

# 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 0-6 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

#### 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 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.

**Open Exercise:** Independent exercise without instruction in the dive well, diving board closed.

**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.