



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

James Family Prescott YMCA  
MAY 2022

## MAY EVENTS

The YMCA will be Closed Monday, May 30th for Memorial Day-  
No swim lessons on that day!

Group swim lessons May 9-June 6 M/W 4:45pm-7:00pm **LESSONS ONLY** - Lap swim and open rec swim unavailable during those times.

LFG classes hosted on SAT/SUN- Patrons may be asked to share pool space.

Slide/diving board available during **afternoon open rec swim ONLY.**

	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-4:45p (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-4:45p (3)	5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 3:00p-4:45p (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)	<b>Pool Closed 11am-3pm</b>  Activity Pool Available (5am-11am) for Open Rec Swim <b>ONLY.</b>	<b>Pool Closed 11am-3pm</b>  Activity Pool Available (5am-11am) for Open Rec Swim <b>ONLY.</b>	<b>Pool Closed 11am-3pm</b>  Activity Pool Available (5am-11am) for Open Rec Swim <b>ONLY.</b>	<b>Pool Closed 11am-3pm</b>  Activity Pool Available (5am-11am) for Open Rec Swim <b>ONLY.</b>	<b>Pool Closed 11am-2:30pm</b>  Activity Pool Available (5am-11am) for Open Rec Swim <b>ONLY.</b>	8:00a-5:30p (3)  Slide <b>NOT</b> available 9:00a-10:00a
<b>Group Swim Lessons</b>		4:45p-7:00p <b>POOL CLOSED LESSONS ONLY</b> May 9-June 6		4:45p-7:00p <b>POOL CLOSED LESSONS ONLY</b> May 9-June 6			<b>Parent-Tot</b> 9:00a-9:30a 9:30a-10:00a
<b>Preschool Swim</b>		3:00p-4:00p		3:00p-4:00p			
<b>Warm Water Exercise</b> J= Jennifer T= Teri		9:00a-10:00a T 10:00a-11:00a T	10:00a-11:00a J	9:00a-10:00a T 10:00a-11:00a T	10:00a-11:00a J	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!

Activity Pool Available for Open Rec 5am-11am. The Slide/Diving Board are open **DURING AFTERNOON OPEN REC SWIM ONLY.**

Mermaid Tails are NOT permitted in our YMCA Pool. This is due to various risks in water and goes against our Insurance and Liability. We appreciate your understanding.

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. Plastic floaties and tubes are not permitted in our pool.



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# 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.

#### **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.