



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



November Events!

All Pools all pools will now be back open between 3:30pm-5:30pm Starting Nov 5th -No More PHS swim team practice

Arthritis Classes will be held M/W/F 9am-11am. Activity pool still available Tue/Thur 9a-11am

YMCA Closed Nov. 25th (Thanksgiving Day)

No Shallow Water Aerobics Class Nov. 24th , 26th, 29th

No Deep Water Aerobics Class Nov. 24-26th

Due to staffing, this schedule may be subject to change



POOL SCHEDULE

James Family Prescott YMCA November 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM (#) = # 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)
OPEN REC (#) = # of lanes available	9:00a-3:30p (3)	3:00p-7:00p (3)	3:00p-7:00p (3)	3:00p-7:00p (3)	3:00p-7:00p (3)	2:30p-6:30p (3)	8:00a-5:30p (3) Slide <u>NOT</u> available 9:00a-10:00a
Swim Lessons							Parent-Tot 9:00a-9:30a 9:30a-10:00a
Preschool		3:00p-4:00p		3:00p-4:00p			
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 J= Jennifer P= Pam T= Teri		9:00a-10:00a T 10:00a-11:00a T M/W/F ONLY- Begins Nov. 15	Activity Pool Available 9a-11a	9:00a-10:00a T 10:00a-11:00a T M/W/F ONLY- Begins Nov. 15	Activity Pool Available 9a-11a	9:00a-10:00a T 10:00a-11:00a T M/W/F ONLY- Begins Nov. 15	
Shallow Water Aerobics		8:00a-8:50a **No Class 24th, 26th, 29th		8:00a-8:50a **No Class 24th, 26th, 29th		8:00a-8:50a **No Class 24th, 26th, 29th	
Deep Water Aerobics		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

Slide is on and diving board is 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.



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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.

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.