

November 2022 Schedule Updates

1. The YMCA is closed Thanksgiving Day Thursday, November 24th.
2. PHS swim team last day of practice will be Thursday, November 4th.
3. Lap swim and open rec will be available from 3-7pm Mon-Thurs and 2:30-6:30pm on Friday's starting November 7th!
4. The pool is closed from 11:00am-3:00pm Mon-Thurs and 11:00am-2:30pm on Friday's.
5. Deep water aerobics class will be from 10-10:50am Tue/Thu beginning November 7th.
6. Shallow water aerobics will have a Tue/Thu class 7:55-8:55am beginning November 7th.

POOL SCHEDULE

James Family Prescott YMCA November 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM (#) = # of lanes available	9:00a-3:30p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 3:00p-7:00p (3) Beginning Nov. 7th	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 3:00p-7:00p (3) Beginning Nov. 7th	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 3:00p-7:00pm (3) Beginning Nov. 7th	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 3:00p-7:00p (3) Beginning Nov. 7th	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 2:30p-6:30p (3) Beginning Nov. 7th	8:00a-5:30p (3)
OPEN REC	9:00a-3:30p	3:00p-7:00p Beginning Nov. 7th PHS swim team last practice Nov. 4th	3:00p-7:00p Beginning Nov. 7th PHS swim team last practice Nov. 4th	3:00p-7:00p Beginning Nov. 7th PHS swim team last practice Nov. 4th	3:00p-7:00p Beginning Nov. 7th PHS swim team last practice Nov. 4th	2:30p-6:30p Beginning Nov. 7th PHS swim team last practice Nov. 4th	8:00a-5:30p Slide unavailable 9:00a-10:00a
Group Lessons							Parent-Tot 9:00a-9:30a 9:30a-10:00a
Preschool		3:00p-4:00p Activity Pool		3:00p-4:00p Activity Pool			
PHS Swim Team		3:30p-5:30p Lap pool/dive well unavailable	3:30p-5:30p Lap pool/dive well unavailable	3:30p-5:30p Lap pool/dive well unavailable	3:30p-5:30p Lap pool/dive well unavailable	3:30p-5:30p Lap pool/dive well unavailable	
Warm Water Exercise		10:00a-11:00a Teri 9:00a-10:00a Teri	10:00a-11:00a Pam	10:00a-11:00a Teri 9:00a-10:00a Teri	10:00a-11:00a Pam	10:00a-11:00a Teri 9:00a-10:00a Teri	
Shallow Water Aerobics		7:55a-8:55a Gwen	7:55-8:55a Pam Beginning Nov. 7th	7:55a-8:55a Jaime	7:55a-8:55a Jaime Beginning Nov. 7th	7:55a-8:55a Jaime	
Deep Water Aerobics		9:00a-9:50a 10:00a-10:50a Christie	10:00a-10:50a Christie Beginning Nov. 7th	9:00a-9:50a 10:00a-10:50a Christie	10:00a-10:50a Christie Beginning Nov. 7th	9:00a-9:50a 10:00a-10:50a Christie	

REMINDERS!

Activity pool available for open rec 5am-11am ONLY. Lap pool/dive well unavailable for open rec 5am-11am. 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 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 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.