



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

James Family Prescott YMCA

September 2021

September Events!

PHS Swim: M-F 3:30pm-4:30pm (No Lanes Available)

PHS Swim Meets 2nd, 16th and 23rd Pool Closed 3pm-6pm

Dive Well Unavailable 3:30pm-4:30pm (Swim Team)

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

| | 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-3:30p (3) 3:30p-5:30p (0) 5:30p-7:00p (3) | 5:00a-11:00a (6) 3:00p-3:30p (3) 3:30p-5:30p (0) 5:30-7:00p (3) | 5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 3:00p-3:30p (3) 3:30p-5:30p (0) 5:30p-7:00p (3) | 5:00a-11:00a (6) 3:00p-3:30p (3) 3:30p-5:30p (0) 5:30p-7:00p (3) PHS Swim Meets 2nd, 16th, and 23rd Pool Closed 3-6pm | 5:00a-7:55a (6) 7:55a-8:50a (2) 8:50a-11:00a (6) 2:30p-3:30p (3) 3:30p-5:30 (0) 5:30p-6:30p (3) | 8:00a-5:30p (3) |
| OPEN REC | 9:00a-3:30p (3) | 3:00p-7:00p Only Small Pool available between 3:30-5:30pm NO DIVE WELL | 3:00p-7:00p Only Small Pool available between 3:30- 5:30pm NO DIVE WELL | 3:00p-7:00p Only Small Pool available between 3:30- 5:30pm NO DIVE WELL | 3:00p-7:00p Only Small Pool available between 3:30-5:30pm NO DIVE WELL PHS Swim Meets 2nd, 16th, and 23rd Pool Closed 3-6pm | 2:30p-6:30p Only Small Pool available between 3:30- 5:30pm NO DIVE WELL | 8:00a-5:30p (3) Slide NOT available: 9:00a-10:00a |
| Swim Lessons | | | | | | | Parent-Tot 9:00a-9:30a |
| Preschool | | 3:00p-4:00p | | | 3:00p-4:00p | | |
| PHS Swim | | 3:30p-5:30p No Lanes Available | 3:30p-5:30p No Lanes Available | 3:30p-5:30p No Lanes Available | 3:30p-5:30p No Lanes Available | 3:30p-5:30p No Lanes Available | |
| 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 | | 10:00a-11:00a P 9:00a-10:00a P | 10:00a-11:00a J 9:00a-10:00a J | 10:00a-11:00a P 9:00a-10:00a P | 10:00a-11:00a J 9:00a-10:00a J | 10:00a-11:00a P 9:00a-10:00a P | |
| Shallow Water Aerobics | | 8:00a-8:50a | | 8:00a-8:50a | | 8:00a-8:50a | |
| Deep Water Aerobics (Dive Well) | | 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



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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.