



September 2022 Scheduled Events

1. PHS Swim Meet Thursday, Sept. 1st, 3-7pm. SWIM MEET ONLY!
2. PHS Swim Meet Thursday, Sept. 15th, 3-7pm SWIM MEET ONLY!
3. Lap Swim available from 2pm-3pm Mon/Wed afternoons!
4. PHS swim team 3:30-5:30pm Mon-Fri TEAM ONLY! Lap pool/dive well unavailable during that time!

POOL SCHEDULE

James Family Prescott YMCA

September 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) 2:00p-3:30p (6) 5:30p-7:00p (3)	5:00a-11:00a (6) 3:00p-3:30p (3) 5:30-7:00p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 2:00p-3:30p (6) 5:30p-7:00p (3)	5:00a-11:00a (6) 3:00p-3:30p (3) 5:30p-7:00p (3)	5:00a-7:55a (6) 7:55a-8:55a (2) 8:55a-11:00a (6) 2:30p-3:30p (3) 5:30p-6:30p (3)	8:00a-5:30p (3)
OPEN REC	9:00a-3:30p (3)	3:00p-5:30p Activity pool available 5:30p-7:00p Activity, lap, dive well available	3:00p-5:30p Activity pool available 5:30p-7:00p Activity, lap, dive well available	3:00p-5:30p Activity pool available 5:30p-7:00p Activity, lap, dive well available	3:00p-5:30p Activity pool available 5:30p-7:00p Activity, lap, dive well available	2:30p-6:30p Activity pool available 2:30p-3:30p Lap Swim available 5:30p-6:30p Activity, lap, dive well available	8:00a-5:30p (3) Slide unavailable 9:00a-10:00a
Swim 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	
Private Lessons		11:00a-2:00p POOL CLOSED	11:00a-3:00p POOL CLOSED	11:00a-2:00p POOL CLOSED	11:00a-3:00p POOL CLOSED	11:00a-2:30p POOL CLOSED	8:00a-5:30p (3)
Warm Water Exercise T = Teri P = Pam		10:00a-11:00a T 9:00a-10:00a T	10:00a-11:00a P	10:00a-11:00a T 9:00a-10:00a T	10:00a-11:00a P	10:00a-11:00a T 9:00a-10:00a T	
Shallow Water Aerobics		7:55a-8:55a		7:55a-8:55a		7:55a-8:55a	
Deep Water Aerobics		9:00a-9:50a 10:00a-10:50a	9:00a-9:50a	9:00a-9:50a 10:00a-10:50a	9:00a-9:50a	9:00a-9:50a 10:00a-10:50a	

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.

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.

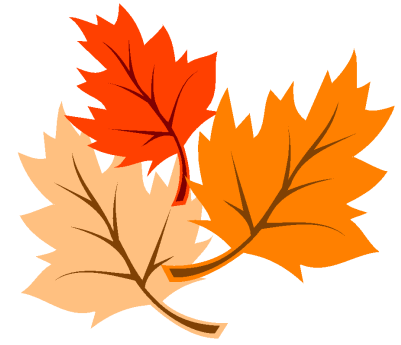


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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.

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.