



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

James Family Prescott YMCA
August 2019 begins August 4

***Swim team will begin to meet on Monday August 12th which will reflect schedule below. August 4-11, 3 lanes open 1:30-5pm.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM	9:00a-11:50a (6) 11:50a-5:45p (3)	5:00a-8:00a (6) 9:30a-12:50p (4) 12:50p-2:05p (2) 2:05p-3:25p (3) 5:00p-8:45p (3)	5:00a-8:00a (6) 9:00a-1:20p (4) 1:20p-3:25p (3) 7:00p-8:45p (3)	5:00a-8:00a (6) 9:30a-12:00p (4) 12:00p-3:25p (3) 5:00p-8:45p (3)	5:00a-8:00a (6) 9:00a-1:20p (4) 1:20p-3:25p (3) 7:00p-8:45p (3)	5:00a-8:00a (6) 9:30a-12:00p (4) 12:00p-3:25p (3) 5:00p-8:45p (3)	6:00a-11:50a (5) 11:50a-7:45p (3)
OPEN REC	12:00p-5:45p	2:05-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	1:30p-5:00p 7:00p-8:45p	12:00p-7:45p
YMCA CAMPS			2:15p-4:00p Preschool	3:30p-5:00p Afterschool	2:15p-4:00p Preschool	1:30-3:30p Afterschool	
WATER AEROBICS		8:30-9:20a (5) 11:00a-11:50a (Deep)	8:00a-9:00a (Deep)	8:30-9:20a (5) 11:00a-11:50a (Deep)	8:00a-9:00a (Deep)	8:30-9:20a (5) 11:00a-11:50a (Deep)	
WARM WATER EXERCISE P=Pam D=Dorene J=Jennifer C=Cami		7:00a-7:50a (P) 8:00a-8:50a (P) 9:00a-9:50a (D) 10:00a-10:50a (D) 5:10p-6:00p (C)	8:00a-8:50a (J) 9:00a-9:50a (J) 10:00-10:50a (J)	7:00a-7:50a (P) 8:00a-8:50a (P) 9:00a-9:50a (D) 10:00a-10:50a (D) 5:10p-6:00p (C)	8:00a-8:50a (J) 9:00a-9:50a (J) 10:00-10:50a (J)	7:00a-7:50a (P) 8:00a-8:50a (P) 9:00a-9:50a (D) 10:00a-10:50a (D) 5:10p-6:00p (C)	
OPEN EXERCISE (#)= # lanes in Lap Pool		9:15a-12:50p (2)	9:15a-1:20p (2)	9:15a-1:20p (2)	9:15a-1:20p (2)	9:15a-1:20p (2)	6:00a-11:55a (1)
PHS Swim Class		8:00a-8:45a (5)	8:00a-8:45a (5)	8:30-9:15a (5) & Deep Water	8:00a-8:45a (5)	8:00a-8:45a (5)	
GROUP SWIM LESSONS			5:00p-7:00p		5:00p-7:00p		Parent Child 9:00a-9:30a 9:30a-10:00a Adult 9:00a-9:45a
SNAP		1:00p-2:00p (4)					
PARENT CHILD SWIM (WARM POOL)	9:00a-12:00p	8:00a-1:30p 5:00p-7:00p	8:00a-1:30p	8:00a-1:30p 5:00p-7:00p	8:00a-1:30p	8:00a-1:30p 5:00p-7:00p	8:00a-12:00p
PHS SWIM TEAM (begins 8/12)		3:30p-5:00p (6)	3:30p-5:00p (6)	3:30p-5:00p (6)	3:30p-5:00p (6)	3:30p-5:00p (6)	
Dive Well Open Exercise	9:00a-12:00p 12:00p-5:45p (half)	5:00a-8:00a 9:00a-11:00a 12:00-1:30p 1:30p-8:45p (half)	5:00a-8:00a 9:00a-1:30p 1:30p-5:00p (half) 7:00p-8:45p (half)	5:00a-8:00a 9:30a-11:00a 12:00-1:30p 1:30p-8:45p (half)	5:00a-8:00a 9:00a-1:30p 1:30p-5:00p (half) 7:00p-8:45p (half)	5:00a-8:00a 9:30a-11:00a 12:00-1:30p 1:30p-8:45p (half)	6:00a-12:00p 12:00p-7:45p (half)

Descriptions:

Lap Swim: Lanes open for fitness swimming, number of lanes in parenthesis next to times

Open Rec: Diving board open, slide on, open use for public and members

SNAP: Special Needs Activity Program (City of Prescott)

Open Exercise: Independent exercise without instruction in the dive well or lap pool based on times. Parenthesis denotes where it is allowed.

Group Lessons: Structure swim lessons for adults and youth. Registration Required.

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. Try a class today!

YMCA Camps: Free swim time for our preschools or after school programs.

PHS Swim Team: Prescott High School Swim Team

Parent Child Swim: Designed for children 8 years of age or younger to swim with a parent in the pool without the slide or board open.



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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 (18+) at all times.

Ages 6-9yrs: May use the aquatics facility with a guardian (18+) present on the pool deck.

Ages 10-17yrs: 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 change any colored wristband for:

- Observed swimming skills below the swim test standard
- Failing to meet the height requirement

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.

Pool Rules:

- Walk on the pool deck & slide stairs.
- One person on the diving board at a time.
- Forward facing and moving dives or flips only.
- Glass or food is not allowed on the pool deck.
- Pool noodles allowed during Parent Child Swim times only.
- Water guns, inflatable rafts, or non US Coast guard approved flotation devices are not allowed.
- Wristbands must be worn at all times while in the Aquatics area.
- Jumping allowed into chest deep (or deeper) water only.
- Diving is not allowed in lap pool or activity pool.
- One person on the slide at a time unless an adult is accompanying a red or yellow band swimmer.
- Feet first and on the back only down the slide.
- Lifeguards are the authority on the pool deck and may put a stop to dangerous or unsafe behaviors.