



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

James Family Prescott YMCA  
September and October 2019

**LAP POOL and DIVE WELL CLOSED THURSDAYS**  
September 5, 12, & 19 and October 3, 10, & 24  
3:00p-6:00p  
for Prescott High School Swim Team  
Swim Meets

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LAP SWIM</b> (#) = # lanes available	9:00a-11:50a (6) 11:50a-5:45p (3)	5:00a-8:00a (6) 9:30a-12:50p (6) 2:05p-3:25p (3) 5:00p-8:45p (3)	5:00a-8:00a (6) 9:00a-1:20p (6) 1:20p-3:25p (3) 7:00p-8:45p (3)	5:00a-8:00a (6) 9:30a-1:30p (6) 1:30p-3:25p (3) 5:00p-8:45p (3)	5:00a-8:00a (6) 9:00a-1:20p (6) 1:20p-3:00p (3) 7:00p-8:45p (3)	5:00a-8:00a (6) 9:30a-12:00p (6) 12:00p-3:25p (3) 5:00p-8:45p (3)	6:00a-11:50a (6) 11:50a-7:45p (3)
<b>OPEN REC</b> (*3:30-5:00 M-F No Lap Lanes*)	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-3:00p 7:00p-8:45p	1:30p-5:00p* 7:00p-8:45p	12:00p-7:45p
<b>YMCA CAMPS</b>			2:45p-4:00p Preschool	3:30p-5:00p Afterschool	2:45p-4:00p Preschool	1:30-3:30p Afterschool	
<b>WATER AEROBICS</b>		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)	
<b>WARM WATER EXERCISE</b> 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)	
<b>PHS Swim Class</b>		8:00a-8:30a (4)	8:00a-8:30a (4)	8:00-9:00a (4) & Deep Water	8:00a-8:30a (4)	8:00a-8:30a (4)	
<b>GROUP SWIM LESSONS</b>			5:00p-7:00p				<b>Parent Child</b> 9:00a-9:30a <b>Adult</b> 9:30a-10:00a 9:00a-9:45a
<b>SNAP</b>		1:00p-2:00p (5)					
<b>PARENT CHILD SWIM (WARM POOL)</b>	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
<b>PHS SWIM TEAM</b>		3:30p-5:00p (6)	3:30p-5:00p (6)	3:30p-5:00p (6)	3:30p-5:00p (6) <b>** SWIM MEETS**</b> 3:00p-6:00p (LAP POOL AND DIVE WELL)	3:30p-5:00p (6)	
<b>Dive Well Open Exercise</b>	9:00a-12:00p	5:00a-8:00a 9:00a-11:00a 12:00-1:30p	5:00a-8:00a 9:00a-1:30p	5:00a-8:00a 9:30a-11:00a 12:00-1:30p	5:00a-8:00a 9:00a-1:30p	5:00a-8:00a 9:30a-11:00a 12:00-1:30p	6:00a-12:00p

## Descriptions:

**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

**SNAP:** Special Needs Activity Program (City of Prescott)

**Open Exercise:** Independent exercise without instruction in the dive well.

**Group Lessons:** Structured 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.

**PHS Swim Class:** Prescott High School Water Fitness and Lifeguarding Class

**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.



# 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.