



# REGIONAL YMCA POOL SCHEDULE

Effective October 24, 2022-December 31, 2022

## Lap Swim Availability

### Main Pool

Lane availability subject to change

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6am-8:45pm	6am-8:45pm	6am-8:45pm	6am-8:45pm	6am-6:45pm	7am-8:45am 12pm- 3:45pm	7am-8:45am 12pm-3:45pm

### Outdoor Pool (YDAC)

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5am- 12pm	5am - 12pm	5am -12pm	5am -12pm	5am-12pm	9am - 3:45pm	9am - 3:45pm

\*MUST be able to swim unassisted and continuous laps, 13 years and over.

## Family/Open Swim Availability

### Main Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
12pm-6pm 7pm-8:45pm	12pm-6pm	12pm-6pm 7pm-8:45pm	12pm-6pm 7pm-8:45pm	12pm-6:45pm	12pm-3:45pm	12pm-3:45pm

### Outdoor Pool (YDAC)

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					9am-3:45pm	9am-3:45pm

### Therapy Pool

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1pm -8:00pm	12pm-5:15pm 7:30pm-8:30pm	1pm-8:00pm	9am-11am 12pm-8:00pm	9am-6:45pm	12:15pm - 3:45pm	12:15pm- 3:45pm



# POOL SAFETY



Obey the lifeguard at all times. Lifeguards have the final say.

No diving, dunking, pushing, or horseplay in the pool, on the pool deck, or in the locker rooms.

No running allowed on the pool deck.



ALL swimmers MUST shower before entering the pool.



No tobacco products, food, gum, or glass allowed in the pool or on the pool deck.

## BE SAFE. JUMP IN. HAVE FUN!

- An adult of children 0 through 6 years of age MUST be in the water with their children at an arm's length at all times.
- An adult of children 7 through 9 years of age MUST be on the pool deck or viewing area. at all times.
- An adult of children 10 through 12 years of age MUST check in and remain in the facility at all times.
- Children 0 through 12 years of age (NON-SWIMMERS) MUST wear a life jacket, remain in the shallow end of the pool and an adult MUST be in the water with child.
- Anyone who is a NON-SWIMMER may be required to wear a life jacket and be limited to the shallow end.
- **Photos and videos are prohibited at all times.**
- No inflatable toys or flotation devices allowed.
- Children in diapers or newly potty-trained children must wear a swim diaper. Please change diapers in the locker rooms, not on the pool deck.
- Appropriate swim attire must be worn while in the pool. Street clothes are not allowed in the pool and street shoes are not allowed on the pool deck.
- Lap lanes must be shared by patrons. Lifeguards may suggest alternative lanes or swim areas to accommodate as many swimmers as possible.

## POOL CLOSURES

YMCA Staff may close the pools for safety reasons at any time, including but not limited to:

- Chemical imbalance
- Thunderstorms
- Mechanical issues
- Water clarity
- Pool contamination

For more aquatics information, please visit [regionalmca.org](http://regionalmca.org)