



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Age Restrictions for Pool Usage

### 8 and under -

must be accompanied in the water arm's length away at all times by an individual 18 years or older

### 14 and younger -

Supervision is recommended (A parent/legal guardian must stay within the building).

### Any individual wearing a flotation device -

must be accompanied in the water at all times by an individual 18 years or older, and within arms reach.

### Open Swim -

Children and Adults are allowed to be in the pool. 2 lap lanes will be kept in for lap swim but once the pool capacity reaches 30 we will remove 1 lane. Once the pool reaches 40 all lanes will be removed.

### Swim Lessons/Swim Club -

The pool will be closed to all members and the public during this time.

(if applicable) 2 lanes will remain in the pool during swimming lessons.

### Lap Swim -

During this time no water fitness activities are allowed in the pool other than swimmers swimming laps.

### Water Fitness -

2 lanes will remain in the pool so long as the attendance does not exceed those expressed in our Open Swim times.

### H2O Aerobics/Aqua Zumba®/Aqua Tabata/H2O

### Silver Sneakers

During this time there will be no other activities other than those given by the instructor allowed in the pool.

**CHILDREN OR PLAY-TIME IS  
ONLY ALLOWED DURING  
OPEN SWIM**

# SWIMMING POOL SCHEDULE

## Pool Dress Code:

- Shower before you enter the pool
- Proper swim attire must be worn at all times.  
**Gym shorts, cut-off jeans, cloth and disposable diapers are prohibited.**
- U.S. Coast guard approved lifejackets and wearable foam floatation devices are allowed.

## Rules:

- Swimming without a lifeguard is prohibited.
- No gym shorts, cut-off jeans, cloth, and disposable diapers are prohibited.
- U.S. Coast guard approved lifejackets and wearable foam floatation devices are allowed in the shallow end only, and an adult must be within arm's length at all times.
- Children under 16 years must pass a swim test before they are permitted in the deep end.
- Enter the water facing forward. Diving, flips, back dives, and jumps are prohibited.
- Running and horseplay of any kind are not permitted on the deck, in the pool, or in the locker rooms.
- Any person with bandages, open wounds, infectious disease, or inflamed eyes are not permitted in the pool.
- Breathe-holding activities are not permitted.
- Food, candy, gum, and drinks of any sort are not permitted in the pool area.
- Hanging on lap lanes, float lines, ladders, and rails is not permitted.
- Do not engage in conversation with the guard on duty.



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# SUMMER POOL SCHEDULE

## JUNE 1 - AUGUST 14, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:30am - 8:00am	Lap Swim & Water Fitness 5:30am - 8:00am	Lap Swim 5:30am - 8:00am	Lap Swim & Water Fitness 5:30am - 8:00am	Lap Swim 5:30am - 8:00am	Lap Swim 8:00am - 10:00am	
H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	Water Fitness 8:00am - 9:00am	Aqua Zumba 10:00am - 11:00am	
Swim Lessons 9:00am - 10:30am	Swim Lessons 9:00am - 10:30am	Swim Lessons 9:00am - 10:30am	Swim Lessons 9:00am - 10:30am	H2O Aerobics 10:30am - 11:30am	Water Fitness 11:00am - 12:00pm	
Water Fitness & Lap Swim 10:30pm - 12:00pm	Water Fitness & Lap Swim 10:30pm - 12:00pm	Water Fitness & Lap Swim 10:30pm - 12:00pm	Water Fitness & Lap Swim 10:30pm - 12:00pm	Lap Swim 11:30am - 1:00pm		
Swim Club 12:00pm - 1:00pm	Swim Club 12:00pm - 1:00pm	Swim Club 12:00pm - 1:00pm	Swim Club 12:00pm - 1:00pm			
Program Swim 1:00pm - 3:00pm	Open Swim 1:00pm - 4:00pm	Open Swim Starts at 2:30pm	Program Swim 1:00pm - 3:00pm		Open Swim 12:00pm - 4:45pm	Open Swim 1:00pm - 4:45pm
Open Swim Starts at 3:30pm	Swim Lessons 4:00pm - 6:00pm	Open Swim	TRANSITION PROGRAMS	Open Swim 2:00pm - 7:45pm		
Swim Club 5:15pm - 6:15pm	Aqua Tabata 6:15pm - 7:15pm	Swim Club 5:15pm - 6:15pm	Swim Lessons 4:00pm - 6:00pm			
Open Swim Ends at 8:45pm	Open Swim 7:15pm - 8:45pm	Open Swim Ends at 8:45pm	Open Swim 6:15pm - 8:45pm			

**CHANGES IN THE ABOVE SCHEDULE ARE SUBJECT TO OCCUR WITH LITTLE TO NO NOTICE.**

For real-time updates, subscribe to the REMIND app. Simply text @saymca3 to 81010

Activities indicated in **BLUE** are instructor-led classes. The participants in these classes must have the ability to hear the instructor with no distraction. Please be mindful of others and the activities taking place.

**ALL SWIMMERS YOUNGER THAN 16 YEARS OF AGE MUST TAKE A SWIM TEST ANNUALLY TO UTILIZE THE DEEP END.**

(Those who lack strong swim skills may be required to perform the swim test.)

The swim test is as follows:

Enter water by jumping in and surfacing to the top, tread water for 60 seconds, swim the length of the pool consistently and unassisted showing a front crawl stroke, and float on the back showing the skill is efficient.

**Lap lanes may be restricted during aquatic programming, Open Swim, Swim Lessons, and/or during water aerobic fitness classes.**

**Inclement Weather Policy:**

The pool will close due to lightning or thunder for 30 mins. Every occurrence of lightning and thunder will restart the 30 mins.

**Hot Tub:**

will be closed on the second Tuesday of each month for cleaning and maintenance.