



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHSIDE YMCA | POOL SCHEDULE—3/1-6/12

LAP POOL		ACTIVITY POOL		BEACH POOL/ WATER SLIDE	
MONDAY		MONDAY		MONDAY	
5:30-9am	Open 2 Lap	9:30-11:30am	Limited Open	4:30-7:30pm	Open Swim
9-10am	NO LAP LANES	1-3pm	Open Swim	TUESDAY	
10am-7:30pm	Limited 1 Lap	4:30-8pm	Open Swim	4:30-7:30pm	Open Swim
7:30-8:30pm	Open 2 Lap	TUESDAY		WEDNESDAY	
TUESDAY		9:30-12pm	Limited Open	4:30-7:30pm	Open Swim
5:30a-1p	Open 2 Lap	1-3pm	Open Swim	THURSDAY	
1-3pm	Limited 1 Lap	4:30-8pm	Open Swim	4:30-7:30pm	Open Swim
3-4pm	Open 2 Lap	WEDNESDAY		FRIDAY	
4-7:30pm	Limited 1 Lap	9:30-11am	Limited Open	4-7pm	Open Swim
7:30-8:30pm	Open 2 lap	4:30-8pm	Open Swim	4-7pm	Water Slide
WEDNESDAY		THURSDAY		SATURDAY	
5:30-9am	Open 2 Lap	9:30-12pm	Limited Open	9-12pm	Open Swim
9-10am	NO LAP LANES	1-3pm	Open Swim	1-4pm	Open Swim
10-4	Limited 2 Lap	3-4:30pm	No Open Swim	1-4pm	Water Slide
3-4pm	Open 2 Lap	4:30-8pm	Open Swim	**There are no lap lanes available from 9am-10am Mon. Wed. and Fri. due to water aerobics. **	
4-7pm	Limited 1 Lap	FRIDAY			
7-8:30pm	Open 2 Lap	9:30-12pm	Limited Open		
THURSDAY		1-7pm	Open Swim		
5:30-1pm	Open 2 Lap	SATURDAY			
1-3pm	Limited 1 Lap	9:30-6:30pm	Open Swim		
3-4pm	Open 2 Lap				
4-7:30pm	Limited 1 Lap				
7:30-8:30pm	Open 2 Lap				
FRIDAY					
5:30-9am	Open 2 Lap				
9-10am	NO LAP LANES				
10am-4pm	Limited 2 Lap				
4pm-8:30pm	Open 2 Lap				
SATURDAY					
9-1pm	Limited 1 Lap				
1-6:30pm	Open 2 Lap				

The Aquatics Center is only open on Sundays for Private pool Parties.



Pool Rules
<ul style="list-style-type: none"> • Please follow all posted rules. • Children in baby carriers, strollers, etc. must be actively supervised • Inflatable floatation devices are not permitted. • Shower before entering the pool and after the use of toilet facilities. • Please do not enter the pool if you have a communicable disease or • Please walk and do not engage in rough play. • No glass, food, gum, tobacco or pets are allowed on the pool deck. • Proper swim attire must be worn. • Children not toilet trained are required to wear a swim diaper • Diaper changing is prohibited on the pool deck. • Please obey all requests made by the lifeguard. • Please be respectful of participants in programs by refraining from utilizing toys and controlling noise volumes during listed program times.

Lap Swim
<ul style="list-style-type: none"> • Lap lanes are for continuous lap swimming only; this includes standard strokes and kicking. • Please utilize open swim for water jogging. • Swimmers are expected to share lanes fairly and considerately. Circle swim is expected when there are more than 2 swimmers in a lane. • Pass down the middle or stop at the end of the lane to let faster swimmers pass safely. • Allow the guard to help determine the appropriate lanes. • Minors are allowed to use the lap lanes if they pass the swim test. • Schedule Key Open: Two lap lanes and one double lane is open for swim. Limited: Programs are occurring in various areas of the pool and those areas will be closed to open swimmers. # Lap: Number of lanes minimally open for lap swim.

Whirlpool Rules
<ul style="list-style-type: none"> • Please follow all posted rules. • Members 18 year and older may use the whirlpool. • Members should stay in the whirlpool no longer than 10 minutes.

Child Supervision in the Pool	
0-2 years	Adult must be in the water within arm's reach of child at all times.
3-5 years	Adult must be in the water within arm's reach at all times.
6-7 years	Adult must be in the pool area supervising the child at all times
8-9 years	Adult must drop off and pick up the child.
10+ years	Child may be in the pool area unsupervised.

If a child passes the swim test they will be issued a wristband and will be able to swim in water over their head while a parent in the pool area continues to actively supervise

Slide Rules
<ul style="list-style-type: none"> • Riders must be 55" tall or pass the swim test to ride. • Double riding is not permitted. • Slide must be ridden feet first in a seated or supine position on

Equipment
<ul style="list-style-type: none"> • Get on the tube while in the water. • Please share tubes with others. • Tubes for sitting and floating only. • Kickboards are for instructional use only. • Bubble belts are used for flotation for children only. • Noodles are to be used for flotation only.

Swim Test
Any minor wishing to swim in water deeper than chest depth
<ul style="list-style-type: none"> • Jump into the shallow end, ducking the head under water • Swim with strong stroke for 15 meters. • Tread water for 30 seconds. • Swim back to starting point.
The swim test must be completed every visit. The lifeguard has the authority to withhold or remove access to any area of the pool to maintain safety.

Questions?

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