



YMCA of Metropolitan Milwaukee Rite Hite Center

SMALL POOL HOURS: Monday/Tuesday/Wednesday/Thursday /Friday 4:45 - 7:15pm Saturday 8:30-11:30am & 4:00-6:30pm Sunday 3:30pm-6:15pm

Pool Policies

- ▼ Please follow all posted rules.
- ▼ Children in baby carriers, strollers, etc. must be actively supervised by a parent/caregiver at all times.
- ▼ Shower before entering the pool and after the use of toilet facilities. (WI Code)
- ▼ Children not toilet trained are required to wear a swim diaper covered by a tight topped suit or plastic pants. (WI Code)
- ▼ Appropriate swim suits are required. The Y is a family environment
- ▼ Please walk and do not engage in rough play.
- ▼ Please follow all requests made by the lifeguard

Steam Room Policies (18 yrs & older)

- ▼ Wear only swim wear in steamroom
- ▼ Never wear long sleeves/pant legs
- ▼ Do not stay in Steamroom longer than 10 minutes

Whirlpool Policies (18 yrs & older)

- ▼ Always shower before entering whirlpool (WI Code)
- ▼ Swim suits only please
- ▼ Never stay in whirlpool longer than 10 minutes
- ▼ People with a history of heart disease, high/low blood pressure, diabetes, seizures or are pregnant should not use whirlpool!

CHILD SUPERVISION IN THE POOL

0-2 yrs	Adult must be within arm's reach of child at all times.	
3-5 yrs	Adult must be in the water within arms reach at all times.	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 them.
6-7 yrs	Adults must be in the pool area supervising the child at all times.	
8+ yrs	Child may be in the pool area unsupervised.	

Lap Swim

- ▼ Swimmers are expected to share the lanes fairly and considerately. Circle swim is expected.
- ▼ Pass down the middle or stop at the end of the lane to let faster swimmers pass safely.
- ▼ Allow the Guard to help determine appropriate lane
- ▼ Please only swim on front or side when lap use is high.
- ▼ Minors are allowed to use the lap lanes if they pass the swim test.

Equipment

- ▼ Kickboards are for instructional use only.
- ▼ Bubble belts are used for flotation for children only.
- ▼ Noodles are to be used for flotation only.
- ▼ Small soft balls may be used. HOWEVER, they must STAY in the water and may not interfere with others enjoyment of the pool.

Additional Rules

- ▼ Cameras, Cell Phones and Other electronic items are not allowed on deck.
- ▼ Street shoes are not allowed on deck.
- ▼ Photography on deck is strictly prohibited.

SCHEDULE KEY:
OPEN: The entire small pool is available for open/family swim
Limited Open: Half the small is available for open /family swim
NO OPEN: The small pool is unavailable for open/family swim.

SWIM TEST

Any minor wishing to swim in water deeper than chest depth without an adult must pass the swim test:

- ▼ Jump into the shallow end, ducking the head under water.
- ▼ Swim with a strong stroke 1/2 length of large pool
- ▼ Tread water for 30 seconds.
- ▼ Swim back to starting point.

****Swim tests must be completed every visit. The lifeguard has the authority to withhold or remove access to any area of the pool to maintain safety.**

SUN	MON	TUES	WED	THURS	FRI	SAT
	9:45-11:30a Day camp lessons NO open swim	9:45-11:30a Day camp lessons NO open swim		9:45-11:30a Day camp lessons (no open swim)	9:00-11:45a Open swim	8:20-11:30a Open Swim 1/2 pool 8:30-11:30a Lessons
	11:30-3:30 Open swim	11:30-3:30 Open swim	9:30a-3:30p Open swim	11:30-3:30 Open swim		
3:30-6:30pm Open Swim						
4:30-6:10pm Lessons Open swim 1/2 pool	4:00-7:30p Open Swim	4:00-7:30pm Open Swim	4:00-7:00p Open Swim	4:00-7:30p Open Swim		4:00-6:30p Open Swim
	5:00-6:40pm Lessons Open swim 1/2 pool	5:00-6:40pm Lessons Open Swim 1/2 pool	5:00-6:40pm Lessons Open Swim 1/2 pool	5:00-6:40pm Lessons Open Swim 1/2 pool	4:45-7:15p Open Swim	

Pool Schedule Subject to Change

Pool Rules are in place for the safety of our members and guests. Anyone not abiding by the rules may be asked to leave.