

Pool Hours:

Monday - Friday:	5:00 AM - 1:00 PM
	3:00 PM - 4:00 PM
	6:15 PM - 8:30 PM
Saturday:	8:00 AM - 5:30 PM
Sunday:	12:00 PM - 5:30 PM

Our purpose is deeper than a pool.

Water Aerobics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 AM	Water Aerobics Lap Pool 5:15 - 6:15 AM	Water Aerobics Lap Pool 5:15 - 6:15 AM	Water Aerobics Lap Pool 5:15 - 6:15 AM	Water Aerobics Lap Pool 5:15 - 6:15 AM	Water Aerobics Lap Pool 5:15 - 6:15 AM
7:30 AM	Technical Water Aerobics 7:30 - 8:30 AM Family Pool		Technical Water Aerobics 7:30 - 8:30 AM Family Pool		Technical Water Aerobics 7:30 - 8:30 AM Family Pool
8:30 AM	Technical Water Aerobics 8:30 - 9:30 AM Family Pool	Technical Water Aerobics 8:30 - 9:30 AM Family Pool		Technical Water Aerobics 8:30 - 9:30 AM Family Pool	
9:00 AM	Aqua Turbo 9:30 - 10:30 AM Lap Pool	Water Aerobics 9:00 - 10:00 AM Lap Pool	Aqua Turbo 9:30 - 10:30 AM Lap Pool	Water Aerobics 9:00 - 10:00 AM Lap Pool	Aqua Turbo 9:30 - 10:30 AM Lap Pool
11:00 AM		Total Body Water Wellness 11:00 - 12:00 PM Family Pool		Total Body Water Wellness 11:00 - 12:00 PM Family Pool	
5:15 PM	Water Exercise Family Pool	Water Exercise Family Pool	Water Exercise Family Pool	Water Exercise Family Pool	

Swim Lessons

If you are interested in swim lessons, the YMCA offers both private and group lessons throughout the year.

After school and summer campers are generally in the pool from 3:30 - 4:30 PM on Monday and Friday.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Pool Rules:

- Obey lifeguards at all times.
- No abusive or foul language, excessive displays of affection, or lewd behavior.
- Please walk.
- Members and guests 13 and under must pass a swim test, or be within 3 feet of an adult in the water if they are in the lap pool or beyond the blue and white rope in the family pool.
- No flips, no exceptions.
- No extended underwater breath-holding activities.
- No rough housing, horseplay or holding an to another person. Parents with small children are ok.
- No outside beverages, no glass, no alcohol.

Slide Rules:

- Obey the lifeguards
- Must be 48" tall to ride.
- Single riders only. No children on laps.
- Goggles or glasses may not be worn.
- No lifevests on the slides.
- Seated or lying on back - feet first only.
- Exit the slide tank immediately, using the stairs.

YMCA lifeguards have the authority to make decisions that supersede these rules to ensure a safe and enjoyable experience for all.

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5 - 10

11 & Up

Supervision of Children:

If you are enjoying the pool with youth, please note the following rules regarding chaperoning.

If your youth is between the ages of:

- You must be in the water with them.
- The child must always be at arm's reach.
- Siblings 14 & older may accompany the child.

- You must be in the aquatics facility with them, but do not need to be in the water.
- The child must take a swim test with a lifeguard to determine if they can swim in the deep end.
- Deep end approved youth will be issued a wrist band to wear.

- You do not need to be in the facility with your youth if you are comfortable with their swimming ability. Like everybody, unaccompanied minors are expected to abide the the YMCA's Code of Conduct and instructions.



For a better us.