



## Lap Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	CLOSED
7:00-8:00				AQUACISE (2 LANES)	AQUACISE (2 LANES)	AQUACISE (2 LANES)	
8:00-9:00	4 LAP LANES	4 LAP LANES		AQUACISE (2 LANES)	4 LAP LANES	4 LAP LANES	
9:00-10:00	AQUACISE (2 LANES)						
10:00-11:00	4 LAP LANES						
11:00-12:00	AQUACISE (2 LANES)						
12:00-1:00	4 LAP LANES						
1:00-2:00	4 LAP LANES						
2:00-3:00	4 LAP LANES						
3:00-4:00	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	
4:00-5:00	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES
5:00-6:00	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES	4 LAP LANES
6:00-7:00	AQUACISE (2 LANES)	4 LAP LANES	4 LAP LANES	4 LAP LANES	AQUACISE (2 LANES)	4 LAP LANES	4 LAP LANES
<b>*Pool Schedule Effective 4/1/24 - 5/4/24</b>			CLOSED	4 LAP LANES		2 LAP LANES	
*Water Exercise is limited to two lanes only. The YMCA reserves the right to change the schedule at any time.							

## Activity Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED
7:00-8:00					OPEN SWIM		
8:00-9:00		FRANCISCAN THERAPY (WHOLE POOL)	SWIM LESSONS (ONE LANE)				
9:00-10:00		YMCA PROGRAM (ZERO DEPTH) SWIM LESSONS (LAP LANE)			YMCA PROGRAM (ZERO DEPTH)		
10:00-11:00		SWIM LESSONS (ONE LANE)	OPEN SWIM		OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00-12:00		OPEN SWIM					
12:00-1:00		OPEN SWIM	OPEN SWIM		OPEN SWIM	OPEN SWIM	OPEN SWIM
1:00-2:00		OPEN SWIM					
2:00-3:00		OPEN SWIM	OPEN SWIM		OPEN SWIM	OPEN SWIM	OPEN SWIM
3:00-4:00		OPEN SWIM	OPEN SWIM		OPEN SWIM	OPEN SWIM	OPEN SWIM
4:00-5:00	SWIM LESSONS (ONE LANE)	SWIM LESSONS (ONE LANE)	SWIM LESSONS (ONE LANE)	SWIM LESSONS (ONE LANE)	OPEN SWIM	OPEN SWIM	
5:00-6:00	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:00-7:00	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
<b>*Pool Schedule Effective 3/23/25 - 4/30/25</b>			CLOSED	FULL AVAILABILITY		LIMITED AVAILABILITY	



## General Pool Rules

1. Respect the lifeguards, they are here for your safety. They have final say on rules and regulations.
2. Showers are required before entering the pool.

3. Street clothes are not permitted in the water.
4. No running or rough play is permitted in the aquatic area or locker rooms.
5. Forward dives are only permitted in the deep end of the lap pool.
6. All diaper-aged children must wear plastic pants with tight fitting elastic at the legs and waist, or swim diapers.  
Do not change diapers at poolside. Changing stalls are available in the family locker room.
7. Anyone who has or has had diarrhea in the past two (2) weeks shall not use the pool.
8. A swimmer leaving the pool to use the restroom shall take another cleansing shower before returning to the pool.
9. Anyone who has an area of sub-epidermal tissue, open blisters, cuts, etc., is advised not to use the pool.
10. Spitting, spouting of water, blowing the nose, and similar behaviors in the pool are prohibited.
11. YMCA equipment is reserved for programming and lap swim.
12. Sharing of the lap lanes is required during busy times.
13. No food or drink is allowed on the pool deck.  
Water is allowed in a non-breakable container.
14. Anyone with questionable swim skills may be swim tested.
15. Only non-inflatable U.S. Coast Guard approved lifejackets are allowed as floatation devices.
16. The lap pool is reserved for exercise and lap swimming only.

## **Swim Age Guidelines**

Patrons must be 12 and older to utilize the lap pool.

Children ages 10 and under must have a parent or guardian in the Aquatic Center at all times.

Children ages 5 and under must have a parent or guardian in the water within arms reach at all times.

## **Whirlpool and Sauna**

1. Patrons under 18 years of age are not permitted to use the Sauna or Whirlpool.
2. Pregnant women, persons with heart disease, diabetes, high or low blood pressure should not enter the spa.
3. Avoid use while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or raise/lower blood pressure.
4. Exposure greater than fifteen (15) minutes may result in drowsiness, nausea, or fainting.
5. Street shoes are not allowed.
6. Exercise is not allowed in either location.