



Summer - 2010 Pool Schedule June 14 - August 22

OPEN Any member or guest may use the pool for any life-guard approved activity. Children under 7 must be accompanied by an adult in the water.

ADULT LAP Any adult (18+) may lap swim. Non-lap activity not permitted.

FAMILY LAP Available for ages 8-17. Children ages 8-12 must be accompanied by an adult. (Lap Swim Only)

FAMILY SWIM Open swim for YMCA families or guest families. Children must be accompanied by an adult.

LESSONS No pool access during class time.

CAMP No pool access during camp time.

West YMCA Pool Rules

- Children ages 6 and under must be actively supervised by an adult guardian in the water within arms reach. One adult needs to be present for every 2 children under the age of 6.
- Children ages 7 & 8 who do not pass the deep water test must be actively supervised by an adult guardian in the pool area.
- Children ages 9 - 15 may be in the pool area without an adult.
- No cut-offs, gym shorts or t-shirts. Swimsuit required for pool & hot tub.
- No diving in shallow end of pool.
- No horseplay, running, shoving, or dunking.
- No food, drink, gum or glass in the pool or patio area.
- Admission refused to all persons having contagious or infectious health conditions at the discretion of the lifeguard(s).
- Soap shower required before entering pool.
- No shoes on pool deck whenever possible.
- No inflatable of any kind.
- Lifeguard on duty has final authority.

REVISED 6/2/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-5:30							
5:30-5:45							
5:45-6:00						Building Opens 6:00am	
6:00-6:15	Adult Lap	Adult Lap	Family Lap Adult Lap	Adult Lap	Family Lap Adult Lap	Family Lap Adult Lap	
6:15-6:30							
6:30-6:45							
6:45-7:00							
7:00-7:15							
7:15-7:30							
7:30-7:45							
7:45-8:00							
8:00-8:15							Building Open 9:00am
8:15-8:30	Water Aerobics		Water Aerobics		Water Aerobics		
8:30-8:45							
8:45-9:00		Open		Open			
9:00-9:15		Lessons		Lessons			
9:15-9:30	Open		Open		Open	Open	Aqua Zumba
9:30-9:45	Camp		Lap		Camp	Lessons	
10:00-10:15							
10:15-10:30							
10:30-10:45							
10:45-11:00							
11:00-11:15		Gentle Water Exercise	Camp	Gentle Water Exercise	Lap		Open
11:15-11:30							
11:30-11:45							
11:45-12:00	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Family Lap	Adult Lap
12:00-12:15							
12:15-12:30							
12:30-12:45							
1:00-1:15							
1:15-1:30		Camp	Camp	Camp	Camp		
1:30-1:45							
1:45-2:00	Open				Open		
2:00-2:15	Camp						
2:15-2:30							
2:30-2:45	Lap	Open	Lap				
2:45-3:00	Lessons						
3:00-3:15							
3:15-3:30							
3:30-3:45	Camp				Camp		
3:45-4:00							
4:00-4:15							
4:15-4:30	Open					Open	
4:30-4:45	Lap						
4:45-5:00	Lessons						
5:00-5:15							
5:15-5:30							
5:30-5:45							
5:45-6:00	*Adult Lap	*Adult Lap	*Adult Lap	*Adult Lap	*Adult Lap		
6:00-6:15							
6:15-6:30							
6:30-6:45							
6:45-7:00							
7:00-7:15							
7:15-7:30	Open	Lessons	Open	Lessons	Family Swim		
7:30-7:45	Lessons		Lap	*Log Rolling	Family Lap		
7:45-8:00							
8:00-8:15							
8:15-8:30							
8:30-8:45							
8:45-9:00	Masters 8:30 - 9:45pm	Adult Lap	Masters 8:30 - 9:45pm	Adult Lap	Adult Lap		
9:00-9:15							
9:15-9:30							
9:30-9:45							
10:00-10:15	Adult Lap	Family Lap	LAP	Family Lap			
10:15-10:30							
5:15-5:30							
5:30-5:45							
5:45-6:00							
6:00-6:15							
6:15-6:30							
6:30-6:45							
6:45-7:00							
7:00-7:15							
7:15-7:30							
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9:00-9:15							
9:15-9:30							
9:30-9:45							
10:00-10:15							
10:15-10:30							

Building Closes at 7:00
*Please allow time for transitions

4th of JULY
Sunday, July 4 | Pool 1/2 Open
Open 9am - 5pm | 1/2 Lap All Day
No Lessons

Please Note:
All fees, rates, and schedules are subject to change without advanced notice.

Building Closes @ 10:30 pm, please plan accordingly