



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAFE POOLS HAVE RULES

## SWIM SAFELY

1. YMCA may test the swimming competency of any swimmer.
2. Non-swimmers of any age are not permitted in the deep end of the pool.
3. No diving. Enter the water feet first facing forward.
4. All Children ages 12 and under must participate in a swimming skills assessment.
5. Breath holding activities are not permitted in YMCA Pools.
6. The lifeguard has full authority over the pool and their word is FINAL!

## WATCH YOUR KIDS

1. Parents are responsible for their children at all times.
2. Children ages 12 and under must be actively supervised by an adult in the pool area.
3. Children ages 12 and under, who want to swim in the deep end of the pool must pass a swimming skills assessment. They will be provided a green (swimmer) or red (non-swimmer) wristband for that day.
4. Non-swimmers, ages 12 and under who do not take or pass the swim assessment, must be accompanied in the swimming pool by an adult 18 years or older, within arm's reach.
5. Non-swimmers that do not meet the height requirement must wear a YMCA provided, U.S. Coast Guard approved life vest and remain in the shallow end of the pool.
6. Parents may work one-on-one with their child on swimming skills in a designated area of the shallow end without the use of a life vest as long as the child remains within arm's reach.
7. One adult can be responsible for no more than three non-swimmers.

## PLAY SAFELY

1. No running or horseplay.
2. No jumping or diving off the starting blocks unless in a supervised YMCA Program.
3. No outside floatation devices are permitted in the pool.

## RESPECT OTHERS

1. Swimmers who are currently experiencing the following; open sores, infections or diarrhea are not permitted in the water.
2. All swimmers must shower before entering the pool.
3. Only appropriate swim attire is permitted in the pool.
4. No food, beverages, or gum in the pool area. Only water.



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## HILLCREST FAMILY YMCA

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:30 am Lap swim/ water walking	6:30-8:30 am Lap swim/ water walking	6:30-8:30 am Lap swim/ water walking	6:30-8:30 am Lap swim/ water walking	6:30-8:30 am Lap swim/ water walking	8-9:30 am Lap swim/ water walking	9-1:30 pm 2 lap lanes/ Household Swim
8:30- 9:15 am Water Fitness	8:30- 1 pm Lap swim/ water walking	8:30- 9:15 am Water Fitness	8:30- 1 pm Lap swim/ water walking	8:30- 9:15 am Water Fitness	9:30- 12:30 pm Lap swim/ water walking	
9:15- 1 pm Lap swim/ water walking		9:15- 1 pm Lap swim/ water walking		9:15- 1 pm Lap swim/ water walking	9:30- 12:30 pm Lap swim/ water walking	12:30-1:15pm Lap swim/ water walking
1-3 pm Pool Closed	1-2 pm Pool Closed	1-3 pm Pool Closed	1-2 pm Pool Closed	1-3 pm Pool Closed	POOL AVAILABLE TO RENT	
3- 4:30 pm Lap swim/ water walking	2-3 pm Twinges & Hinges	3- 4:30 pm Lap swim/ water walking	2-3 pm Twinges & Hinges	2:45- 6:30 pm 2 lap lanes/ Household Swim	Schedule is subject to change	
4:30-7:30 pm \$\$Group Swim Lessons\$\$	3- 4:30 pm Lap swim/ water walking	4:30-7:30 pm \$\$Group Swim Lessons\$\$	3- 4:30 pm Lap swim/ water walking	6:40-8:50 pm Swim Team		
	4:30-6:40 pm \$\$Group Swim Lessons\$\$		4:30-6:45 pm \$\$Group Swim Lessons\$\$			
7:30-8:15 pm Water Fitness	6:40-8:50 pm Swim Team	7:30-8:15 pm Water Fitness	6:45-7:30 pm Lap swim/ water walking			
7:30-8:15 pm Water Fitness			7:30-8:15 pm Water Fitness			
POOL CLOSSES AT 8:15 pm	POOL CLOSSES AT 8:50 pm	POOL CLOSSES AT 8:15 pm	POOL CLOSSES AT 8:15 pm	POOL CLOSSES AT 8:50 pm	POOL CLOSSES AT 1:15 pm	POOL CLOSSES AT 1:30 pm

- ✧ If you are more than 10 minutes late your spot will be given to anyone who is waiting to use the pool.
- ✧ All lap swim/ water walking times before 9:30 am are 30 minutes long. All other times are 45 minutes.