



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

## March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lap Swim 5:45-7:45am	Lap Swim 5:45-7:45am	Lap Swim 5:45-7:45am	Lap Swim 5:45-7:45am	Lap Swim 5:45-7:45am			
Lap/ Aqua Jog 7:45- 8:30am	Lap/ Aqua Jog 7:45- 8:30am	Lap/ Aqua Jog 7:45- 8:30am	Lap/ Aqua Jog 7:45- 8:30am	Lap/ Aqua Jog 7:45- 8:30am	Lap Swim 8:00-9:30am		
Deep & Shallow Aqua Aerobics 8:30-9:25am	Deep & Shallow Aqua Aerobics 8:30-9:25am	Deep & Shallow Aqua Aerobics 8:30-9:25am	Deep & Shallow Aqua Aerobics 8:30-9:25am	Shallow Aqua Aerobics 8:30- 9:25am	Adult Lessons 9:30-10:00am		
Aqua Aerobics 9:30-10:15am	Aqua Aerobics 9:30-10:15am	Aqua Aerobics 9:30-10:15am	Aqua Aerobics 9:30-10:15am	Lap/ Aqua Jog 9:30-11am	Swim Lessons 10:00am -1pm	Lap Swim 10:15-11am	
Lap/ Aqua Jog 10:15- 1:45pm	Aqua Fit w/ Barb 10:15-11:15 am	Lap/ Aqua Jog 10:15- 1:45pm	Aqua Fit w/ Barb 10:15-11:15 am			Home School Swim Lesson  11am- 2pm	Closed LG Break 1- 1:20pm
	Lap/ Aqua Jog 11:15- 12:15		Lap/ Aqua Jog 11:15- 1:00	LG Break 12:15- 12:45			
	East Cleveland 12:15-1:00pm		East Cleveland 1:00-1:45pm	Family Swim 1:20-2:30pm	Lap swim 12:45- 1:30pm		
	Lap/ Aqua Jog 1:00-2:00pm						
Silver SPLASH 1:45-2:30pm	PLAN 2:00-2:30pm	Silver SPLASH 1:45-2:30pm	PLAN 2:00-2:30pm	Lap/ Aqua Jog 2:00-2:30pm			
Twinges & Hinges 2:30-3:30pm	Twinges & Hinges 2:30-3:30pm	Twinges & Hinges 2:30-3:30pm	Twinges & Hinges 2:30-3:30pm	Twinges & Hinges 2:30-3:30pm	POOL AVAILABLE	POOL AVAILABLE	
					TO RENT	TO RENT	
Lap Swim /Aqua Jog 3:30-4:30pm	Open Family Swim 3:30-5:30pm	Lap Swim /Aqua Jog 3:30-4:30pm	Open Family Swim 3:30-5:30pm	Lap Swim /Aqua Jog 3:30-4:30pm	<p><b>Schedule is subject to change</b></p> <p>Please circle swim if there is more than 1 swimmer doing laps</p>		
Swim Lessons 4:30-7:30pm	Aqua Moves w/ Cindy 5:30-6:30pm	Swim Lessons 4:30-7:30pm	Aqua Moves w/ Cindy 5:30-6:30pm	Open Family Swim 4:30-7:00pm			
½ LAP & ½ JOG 7:30-8:00pm	Lap/Jog 6:30-8:00pm		Lap/Jog 6:30-8:00pm				
	Aqua Aerobics 8-9pm	Aqua Aerobics 8-9pm					
POOL CLOSSES AT 9:00pm	POOL CLOSSES AT 9:00pm	POOL CLOSSES AT 7:30PM	POOL CLOSSES AT 9:00pm	POOL CLOSSES AT 7:00pm			POOL CLOSSES AT 2:30pm



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