



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

September 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		
2 Lap lanes/ Open Swim 7:45- 8:30am	2 Lap lanes/ Open Swim 7:45- 8:30am	2 Lap lanes/ Open Swim 7:45- 8:30am	2 Lap lanes/ Open Swim 7:45- 8:30am	2 Lap lanes/ Open Swim 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	Swim Lessons 9:30am -1pm \$\$ FEE BASED CLASSESS\$\$	Lap Swim 10:15-11am
Aqua Aerobics 9:30-10:15am	Aqua Aerobics 9:30-10:15am	Aqua Aerobics 9:30-10:15am	Aqua Aerobics 9:30-10:15am	Building Blocks Swim Lessons 10:00-11:00 am		LG Break 11:00- 11:15am
2 Lap lanes/ Open Swim 10:15- 1:30pm	Aqua Fit w/Barb 10:15-11:15 am	2 Lap lanes/ Open Swim 10:15- 1:30pm	Aqua Fit w/Barb 10:15-11:15 am		2 Lap lanes/ Open Swim 11:00-1:15 pm	Open Swim w/ one lap lane 1:00pm-2:30pm
	2 Lap lanes/ Open Swim 11:15- 2:00 pm		2 Lap lanes/ Open Swim 11:15- 2:00 pm	2 Lap lanes/ Open Swim 11:15- 2:00 pm		
Silver SPLASH 1:30-2:15pm		Silver SPLASH 1:30-2:15pm				Lap swim 12:30- 1:30pm
Volleyball 2:15-2:30pm	PLAN 2:00-2:30pm	Volleyball 2:15-2:30pm	PLAN 2:00-2:30pm	2 Lap lanes/ Open Swim 1:15pm-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 TO RENT	
2 Lap lanes/ Open Swim 3:30-4:30pm	Open Swim w/ one lap lane 3:30-8:00pm <i>Swim team and lessons begin Sept. 17th look for updated schedule</i>	2 Lap lanes/ Open Swim 3:30-4:30pm	Open Swim w/ one lap lane 3:30-8:00pm <i>Swim team and lessons begin Sept. 17th look for updated schedule</i>	2 Lap lanes/ Open Swim 3:30-4:30pm	Schedule is subject to change Please circle swim if there is more than 1 swimmer doing laps	
Swim Lessons 4:30-7:30pm \$\$ FEE BASED CLASSESS\$\$		Swim Lessons 4:30-7:30pm \$\$ FEE BASED CLASSESS\$\$		Open Swim 4:30-7:00pm		
2 Lap lanes/ Open Swim 7:30-8:00pm						
Aqua Aerobics 8-9pm	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		



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