



# Outdoor Pool Schedule 2010

Effective August 14-September 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 1:30 - 6:00	Open Swim 3:00 - 5:30	Open Swim 3:00 - 5:30	Open Swim 3:00 - 5:30	Open Swim 3:00 - 5:30	Open Swim 3:00 - 7:00	Open Swim 11:30 - 5:00

Effective September 4-September 26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 12:00 - 5:00	Open Swim 3:00 - 5:30	Open Swim 3:00 - 5:30	Open Swim 3:00 - 5:30	Open Swim 3:00 - 5:30	Open Swim 3:00 - 7:00	Open Swim 11:30 - 4:00

## Aquatic Policies and Programs

### General Pool Policies

- Lifeguard is in charge of the pool area.
- **Children 2 and under and/or not potty trained must wear a non-disposable swim diaper in the pools.**
- Enter the pool using the shallow end so the lifeguard can evaluate swimming ability.
- Children under the age of 15 yrs old are required to take a deep water test to enter the deep end of the pool.
- **Only Coast Guard approved flotation devices are allowed.**
- No running or horseplay within the facility.
- Appropriate swim attire must be worn at all times.
- Food and beverages are not permitted in the pool area.
- Swimmers must shower before entering the water.
- Swimmers must be a participant of the scheduled program. (i.e.: During Swim Lessons you must be a swim lesson participant.)

### Age Limit Policies

- Children under 6 months may not access the pools
- Children under the age of 8 years must be supervised at all times by an adult who is in the water.
- Children ages 8-11 may access the pool facilities during family and open swim as long as they have a supervising adult in the facility.
- Children 12-14 years old must be supervised by an adult during water exercise and lap swim.
- Children 12 years and up can use the pools during open swim times without adult supervision.
- Children 15 years and up have full use of both pools.

### Lap Swim Policies

- During this time members may swim laps. One lane is left available for water walkers. During Lap Swim, one lane may be used for youth lap swim (8-15 yrs old)
- Swimmers must use pool etiquette (circle swim, share lanes) while participating in lap swim.
- The lane that has the stairs may be used for water walking or water exercise during Lap Swim times.

### Aquatics Programs

**Water Exercise** – Designed for members to loose weight, build strength and cardiovascular endurance. Participants in this class spend time keeping their heart rates up and work on strength and flexibility skills in the water.

**Open Swim** – pool is open for free time. There is no organized activity. Private swim lessons may also occur at this time. One lane left in the water for lap swimmers.

**Swim Lessons** – Swimming lessons taught YMCA staff for members of all ages and skill levels. See swim lessons schedule for more information.

**Swim Lessons/Open Swim** – Swim lessons and open swim share the pool. Swim lessons take up the shallow end leaving one lane and the deep end for open swimmers.

**Adult Swim** – adults ages 19 and up can use the pool only. Two lanes available for lap swim with the rest of the pool available for open swim.

**Porpoise Swim Club** – This Pre-Swim team class is taught to kids who have mastered the swim lesson program.

Class is held once a week and gives participants the swim team atmosphere without the large commitment of a swim team.

**Adaptive Aquatics** – This time is reserved for the special needs class at Redlands High School to come and enjoy the pool