

## POOL SCHEDULE FEBRUARY 2012

**\*\*Please Be Aware of Lap Lane, Recreational, & Water Aerobic Swim Time Changes\*\***

**High School Swim Season Ends February 10th**

<u>ACTIVITY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Swim Team Practices	6:00-7:00 am 3:30-4:30 pm	6:00-7:00 am 3:30-4:30 pm	6:00-7:00 am 3:30-4:30 pm	6:00-7:00 am 3:30-4:30 pm	3:30-4:30 pm		
Physical Therapy	10:45-3:30	10:45-3:30	10:45-3:30	10:45-3:30	10:45-3:30		
Family and Recreation Swim (Feb. 1-Feb. 10)	12:00-3:30pm 4:30-6:15pm 7:30-9:00pm	10:00-3:30pm 4:30-5:30pm 7:30-9:00pm	12:00-3:30pm 4:30-6:15pm 7:30-9:00pm	10:00-3:30pm 4:30-5:30pm 7:30-9:00pm	12:00-3:30pm 4:30-9:00pm	12:30-5:30pm	1:30-5:00 pm
Family and Recreation Swim (Feb. 11-Feb. 29)	12:00-6:15pm 7:30-9:00pm	10:00-5:30pm 7:30-9:00pm	12:00-6:15pm 7:30-9:00pm	10:00-5:30pm 7:30-9:00pm	12:00-9:00pm	12:30-5:30pm	1:30-5:00 pm
Swim Lessons		5:45-6:15pm 6:30-7:15pm		5:45-6:15pm 6:30-7:15pm		9:30-10:00am 10:00-10:30am 10:45-11:15am 11:30-12:15pm	
Shallow Water Aerobics Classes	8:15-9:00am 9:45-10:45am 10:45-11:45am 6:15-7:15 pm	8:15-9:00am	8:15-9:00am 9:45-10:45am 10:45-11:45am 6:15-7:15 pm	8:15-9:00am	8:15-9:00am 9:45-10:45am 10:45-11:45am		
Deep Water Exercise Class	9:00-9:45 am	9:00-10:00am 6:15-7:15pm	9:00-9:45 am	9:00-10:00am 6:15-7:15pm	9:00-9:45 am		
Lap Swim 1 lap lane		6:30-7:30pm		6:30-7:30pm		11:30-12:30pm	
Lap Swim 2 lap lanes	5:30am-9:00pm	5:30am-9:00pm	5:30am-9:00pm	5:30am-9:00pm	5:30am-9:00pm	7:00am-5:30pm	1:30-5:00 pm
Lap Swim 3 lap lanes	5:30-8:00am 12:00-6:15pm 7:30-9:00pm	5:30-8:00am 10:00-5:30 7:30-9:00pm	5:30-8:00am 12:00-6:15pm 7:30-9:00pm	5:30-8:00am 10:00-5:30 7:30-9:00pm	5:30-8:00am 12:00-9:00	7:00-9:30am	
Pool Closes	9:00pm	9:00pm	9:00pm	9:00pm	9:00pm	5:30pm	5:00pm

**THIS SCHEDULE IS SUBJECT TO CHANGES WITHOUT NOTICE – PLEASE CALL**

**SLIDE HOURS: THURSDAY 7:30 – 8:30 P.M.**

**SUNDAY 2:00 – 4:30 P.M.**

**(SCHEDULE A BIRTHDAY PARTY AND HAVE EXCLUSIVE USE OF THE SLIDE.)**

## **POOL RULES**

- 1. Bathing suits and shower shoes only.**
- 2. If your child is not Potty-trained, "swim diapers" or rubber pants are required. Diapers are not allowed according to N.C. Swimming Code.**
- 3. Shower before entering the pool.**
- 4. Sign in and out when entering and exiting the pool. Guests may only swim when accompanied by a sponsor member with them in the pool area.**
- 5. Walk at all times.**
- 6. Swimming allowed only when a lifeguard is on duty. Follow the lifeguard's instructions.**
- 7. Children too short to stand safely in the shallow end must use a Coast Guard approved Personal Flotation Device. A person over the age of 18 must be in the water and within an arm's reach for those using PFD's. Inflatable flotation devices are prohibited**
- 8. Children are permitted to be in the pool without a parent or guardian once the YMCA Swim Test has been passed.**

**The test requires the child demonstrate that he/she can swim the length of the pool with a combined front crawl (free-style) with rotary breathing or breaststroke and tread water for 1 minute. The limit of time a child may be alone in the pool after passing the swim test is 3 hours.**

- 9. Kickboards, Water Weights and Swim Belts are for instructional use only.**
- 10. Underwater lap swimming and breath holding contests are prohibited.**
- 11. For your safety, diving, pushing, dunking, throwing, horseplay, splashing and riding on shoulders is not permitted.**
- 12. Please refrain from playing or swinging on ladder or stair hand rails.**
- 13. Please refrain from eating, drinking and chewing gum in and around the pool.**
- 14. Lap swimmers must circle swim when there are more than 2 lap swimmers in the lap lane. Lap lanes are not used for free swim.**
- 15. Profanity, arguing, or abusive language of any kind will not be tolerated.**
- 16. No person under the influence of alcohol or drugs is allowed to use the pool.**
- 17. Pets are not allowed in the pool area.**
- 18. Lifeguards have the final decision in all matters concerning your safety in and around the pool.**