POOL SCHEDULE

Tom A. Finch Community YMCA - AUGUST 31-SEPTEMBER 12

**POOL SCHEDULE:**
Scheduled activities will be the only activities allowed in the pool during their scheduled times. Those wishing to participate in unscheduled activities will be asked to wait patiently on the pool deck or in the lobby.

**STORM CLOSING POLICY:**
The pool will close during thunderstorms for 30 minutes after the last sound of thunder or flash of lightning. This is for safety of members and program participants.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Hours CLOSED</td>
<td>Pool Hours 6:00am-7:00pm</td>
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<td>Pool Hours 8:00am-12:00pm</td>
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<tr>
<td>6:00am-9:00am By the Hour Lap Lane by Reservation ONLY Lanes 1-5</td>
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<td>6:00am-9:00am By the Hour Lap Lane by Reservation ONLY Lanes 1-5</td>
<td>8:00am-12:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-3</td>
</tr>
<tr>
<td>9:05-9:50am Deep Water Aerobics by Reservation ONLY</td>
<td>9:00-11:00am By the Hour Self-Aerobics WHOLE POOL Max 15 Participants per hour RESERVATION REQUIRED</td>
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<td>8:00am-12:00pm By the Hour Family Swim by Reservation ONLY Lanes 4-5</td>
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<td>11:00am-2:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-5</td>
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<tr>
<td>2:00-4:00pm YMCA Camp Kids Swimming NO LAP RESERVATIONS AVAILABLE Physical Therapy Lane 5</td>
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<td>4:00pm-7:00pm By the Hour Lap Lane by Reservation ONLY Lanes 1-5</td>
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SWIM TESTS:

**GREEN TEST**
- Jump/slide in deep end of pool
- Swim to lifeguard chair and back
- Tread water 30 seconds
- Float on back for 30 seconds (must not touch the side at any point)

**YELLOW TEST**
- Jump/Slide in pool at shallow end
- Swim from pool wall to lap lane divider (must not touch side or bottom at any point)

**RED (Non-Swimmers)**

Privileges
Swimmer must remain at the shallow end of the pool with an adult in water at arms length.

Swimmer required to wear YMCA provided life jacket.

**Privileges**
- May swim anywhere in the open swim area of the pool.
- May swim in the open swim area in the shallow end of the pool.

WATER FITNESS: Please note, all classes close 10 minutes after their scheduled start time.

**Deep Water Fitness:** Our most intense water exercise class that includes full body movements such as walking, jogging, and running. Try this class for the ultimate water exercise challenge! Max 15 participants in class.

**Water Fitness for Health:** Uses a combination of cardiovascular and strength training exercises to provide a fun and invigorating workout. Upper and lower body strengthening exercises complete this total body workout. The evening class may use the deep end of the pool at times. Max 15 participants in class.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>9:00–9:50am –</td>
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<tr>
<td>Deep Water Fitness</td>
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<tr>
<td>10:00–10:50am –</td>
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**PRIVATE GUIDELINES:**
- Children 5 and under must have an adult 19 or over in the pool with them at all times.
- ALL Children 6-10 who require a swim aid must have an adult 19 or over in the pool with them at all times.
- ALL Children 6-10 who do not require swim aid must have an adult 19 or over on the pool deck at all time.
- Lifeguards may require swim testing for anyone under age 18.
- Inflatable Flotation is not allowed. Members and guests are welcome to use life jackets and float belts provided by our facility.
- Appropriate swim attire must be worn at all times in the pool. Cut offs, gym shorts, and street clothes are not permitted in the pool.
- Adults doing independent exercise can utilize the far lane with the ramp during lap lane times.