

YMCA AQUATICS POOL SCHEDULE (REVISED FEB 2012)

KERR (WEST POOL)

Monday-Thursday

Time	Class	Open Lanes
5:00-9:00am	Lap / Exercise	6
9:00-11:00am	Lessons	1
11:00-12:00pm	AOA Water Fitness	2
12:45-2:15pm	Lessons	1
2:30-3:45pm	Open Swim	2
4:00-6:45pm	Lessons	1
7:00-8:30pm	Open Swim MW only	2
8:30-10:45pm	Lap / Exercise	6

Friday

Time	Class	Open Lanes
5:00-11:00am	Lap / Exercise	6
11:00-12:00pm	AOA Water Fitness	1
12:00-1:15pm	Lap / Exercise	6
1:15-2:30pm	Lessons	1
2:30-3:45pm	Open Swim	2
4:00-6:15pm	Lessons	1
6:30-7:00pm	Lap / Exercise	6
7:00-8:30pm	Open Swim	1
8:30-10:45pm	Lap / Exercise	6

Saturday

Time	Class	Open Lanes
6:00-10:00am	Lap / Exercise	6
10:00-12:15pm	Lessons	1
12:15-1:00pm	Lap / Exercise	6
1:00-4:00pm	Open Swim	1
4:30-5:30pm	Family Swim	1
5:30-6:45pm	Lap / Exercise	6

Sunday

Time	Class	Open Lanes
9:00am-1:00pm	Lap / Exercise	6
1:00-4:00pm	Open Swim	1
4:00-4:30pm	Lap / Exercise	6
4:30-5:30pm	Family Swim	1
5:30-6:45pm	Lap / Exercise	6

ROUZIE (EAST POOL)

Monday & Wednesday & Friday

Time	Class	Open Lanes
5:00-5:30am	Lap / Exercise	8
5:30-6:30am	Water Fitness	5
6:30-9:00am	Lap/Exercise	8
9:00-10:00am	Water Fitness	5
10:00-1:00pm	Lap/Exercise	8
1:15-2:15pm	Lessons/Lap/Exercise	5
2:15-4:00pm	Lap/Exercise	8
4:00-6:15pm	Swim Team/Lessons	2
6:00-7:15pm	Swim Team/Water Fitness	2
7:30-10:45pm	Lap/Exercise	8

Tuesday & Thursday

Time	Class	Open Lanes
5:00-9:45am	Lap / Exercise	8
9:45-10:45am	Water In Motion Tue only	4
10:45-4:00pm	Lap/Exercise	8
4:00-6:15pm	Swim Team/Lessons	2
7:00-8:30pm	Open Swim	5
8:30-10:45pm	Lap/Exercise	8

Saturday

Time	Class	Open Lanes
6:00-9:00am	Lap / Exercise	8
9:00-10:00am	Water in Motion	5
10:00-1:00pm	Lap / Exercise	8
1:00-4:00pm	Open Swim (board only)	5
4:00-6:45pm	Lap/Exercise	8

Sunday

Time	Class	Open Lanes
9:00am-1:00pm	Lap / Exercise	8
1:00-4:00pm	Open Swim (board only)	5
4:00-6:45pm	Lap / Exercise	8

Open Lanes: Are lanes not in use by the class. They are available to those over 13 years of age that want to Swim laps or exercise in the lane. Children 10-12 yr must swim in lap lanes with a parent. This is intended for children that can swim multiple 25 yd laps. Parent must be in same lane as child.

Family Swim: Anyone under 18 must be directly supervised by a parent or guardian. Parent or guardian must be in the water.

Open Swim: Any child that cannot touch the bottom in the shallow end, cannot swim or wears a bubble must be directly supervised by a responsible person who is 16 years or older. The person must stay with the child in the shallow end at all times. Children under 8 must be accompanied by an adult who is in the water.



Pool Rules

When using the YMCA Pools you must obey the Lifeguard at all times!

1. Shower before entering the pool.
2. No running on the pool deck.
3. No diving in the shallow end.
4. No back dives or back jumps from the edge.
5. Horseplay, riding on ones shoulders and dunking, or throwing people is not allowed.
6. Gum, food and candy are not permitted.
7. Keep off ramp and ladders.
8. Keep off lane and buoy ropes.
9. Swimsuits only. No cut-offs or shirts.
10. Face masks, snorkels and scuba equipment are not permitted except in scuba classes.
11. No outside toys, equipment or floatation devies are allowed including life jackets.
12. Floatation belts may only be used in the shallow end, and must be accompanied by a responsible person 16 years or older.
13. Kick boards, barbells, flippers are allowed only in the exercise lanes and only by those 13yrs
14. Offensive language or actions will not be permitted.
15. No diapers except swim diapers.
16. Children under 8 years must be accompanied by an adult in the water.

Pool Closings

PLEASE SHARE LANES AND BE RESPECTFUL OF OTHERS.