



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# LIGHTHOUSE YMCA

## POOL SCHEDULE & CLASSES

Effective 4.1.18

### GROUP SWIM LESSONS

The Lighthouse YMCA offers group swim lessons for all ages, infant through adult. Whether you or your child needs to learn basic self-safety or improve your technique, we can help.

Preschool (3-5 years):

Youth (6-12 years):

Adult (12+ years)

### Individual & Buddy-PRIVATE LESSONS

Certified instructors offer one-on-one or two-at-a-time instruction to fit your skill and scheduling needs. Semi-private lessons must enroll as pairs; we do not match students.

### AQUA FITNESS CLASSES

H2O Aerobics - Weekdays 8:00-9:00 am - Work out in the pool for a low-impact cardio experience that includes core-strengthening moves enhanced by drag, surface tension and turbulence.

Aqua Zumba - Saturdays – 8:30-9:30 am - Instructor Colin leads the group through a fun, fast-paced dance routine with great music that's sure to get you movin'!

For more information, including pricing and schedules, visit us online at:

**[TUCSONYMCA.ORG/LHY](http://TUCSONYMCA.ORG/LHY)**

OR call us at (520) 795-9725 x 414

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b> 7:00—8:00am	<b>Lap Swim</b> 7:00—8:00am	<b>Lap Swim</b> 7:00—8:00am	<b>Lap Swim</b> 7:00—8:00am	<b>Lap Swim</b> 7:00—8:00am	<b>Lap Swim</b> 7:00—8:30 am	<b>Open Swim/ Lessons</b> 12:00—4:00 pm
<b>Water Aerobics</b> 8:00—09:00 am	<b>Water Aerobics</b> 8:00—09:00 am	<b>Water Aerobics</b> 8:00—09:00 am	<b>Water Aerobics</b> 8:00—09:00 am	<b>Water Aerobics</b> 8:00—09:00 am	<b>Aqua Zumba</b> 8:30—9:30 am	
<b>Lap Swim</b> 09:00am - 12:00pm	<b>Lap Swim</b> 09:00am - 12:00pm	<b>Lap Swim</b> 09:00am - 12:00pm	<b>Lap Swim</b> 09:00am - 12:00pm	<b>Lap Swim</b> 09:00am - 12:00pm	<b>Open Swim/ Lessons</b> 9:30—2:00 pm	
<b>Pool Closed</b> 12:00—3:00 pm	<b>Pool Closed</b> 12:00—3:00 pm	<b>Pool Closed</b> 12:00—3:00 pm	<b>Pool Closed</b> 12:00—3:00 pm	<b>Pool Closed</b> 12:00—3:00 pm		
<b>Open Swim/ Lessons</b> 3:00— 5:00pm	<b>Open Swim/ Lessons</b> 3:00— 6:30pm	<b>Open Swim/ Lessons</b> 3:00— 5:00pm	<b>Open Swim/ Lessons</b> 3:00— 6:30pm	<b>Open Swim/ Lessons</b> 3:00— 5:00pm		
<b>Water Aerobics</b> 5:00-6:00pm		<b>Water Aerobics</b> 5:00-6:00pm		<b>Aqua Zumba</b> 5:00-6:00pm		

## YMCA OF SOUTHERN ARIZONA SWIM TESTING POLICY

The YMCA of Southern Arizona has revised the policy for minor swimmers to better accommodate the needs of our members.

### TESTING PROCEDURE:

**Green band**— Must swim 25 yards with face in the water without touching the bottom or wall of the pool, climb out, jump feet first into deep water, tread water for 30 seconds, and return to the nearest side of the pool.

**Yellow band**— Must swim 15 yards without touching the bottom or sides of the pool, climb out, jump feet first into deep water and return to the nearest side of the pool.

**Red band**—Non-swimmers, those who refuse the test, or those who are not able to meet the requirements of the yellow band.

### RULES FOR MINORS:

All children 7 years and younger must have an adult\* in the pool with them within arm's reach, regardless of band color.

All children ages 12 and younger must take the swim test, including afterschool groups, camps, birthday parties and other pool rentals. Those who refuse the test will be given a red band.

All children ages 8 to 12 years old:

Green band: Can swim alone.

Yellow band: An adult\* must be in the pool area and fully aware of location of child or children that they are responsible for.

Red band: An adult\* must be in the water within arm's reach.

Children 13 years or older may swim alone.

All children less than 4 ft tall who receive a red band must wear a lifejacket unless a parent/guardian or instructor is teaching the child how to swim.

Results of the swim test are at the discretion of the lifeguard. There will be no repeat testing within the same day. Children who wish to retest can request to do so on their next visit.

\*Adults responsible for children swimming must be 16 years old or older.

## LIGHTHOUSE YMCA POOL RULES

Please be respectful of our lifeguard staff. They are here to ensure the safety of our patrons and therefore have the final say with regard to pool area rules.

- A lifeguard must be on the chair/stand before patrons can enter the water.
- No running in the pool area.
- No hanging on the ladders.
- No diving in the pool.
- No jumping in less than 4 feet of water. You must be feet first, facing forward.
- Equipment is for swim classes and lap swim only (i.e. kickboards, flippers, pull buoys).
- No wearing fins while walking on the deck.
- Floatation devices must be U.S. Coast Guard approved. (See product label.)
- No throwing, picking up other people, shoulder or piggyback rides.
- Lap lanes are for adult lap swimmers and swim team only.



**PLEASE NOTE:** YMCA/Pima County Pools may not be subject to these testing procedures if other testing procedures are jointly agreed to. Otherwise, these rules are in effect during YMCA operational times.