



# Lighthouse YMCA 2019 Pool Schedule (Winter)

Lap Swimming/Free Swim						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am-8:30m	7am-8:30m	7am-8:30m	7am-8:30m	7am-8:30m	7am-8am	12pm-4pm
9:30am-12pm	9:30am-12pm	9:30am-12pm	9:30am-12pm	9:30am-12pm		
12pm-3:30pm Closed	12pm-3:30pm Closed	12pm-3:30pm Closed	12pm-3:30pm Closed	12pm-3:30pm Closed	9am-2pm	
3:30pm-6pm	3:30pm-6pm	3:30pm-6pm	3:30pm-6pm	3:30pm-5:30pm		
6pm Closed	6pm Closed	6pm Closed	6pm Closed	5:30pm Closed	4pm Closed	4pm Closed

Water Exercise Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30am-9:30am Water Aerobics	8:30am-9:30am Water Aerobics	8:30am-9:30am Water Aerobics	8:30am-9:30am Water Aerobics	8:30am-9:30am Water Aerobics	8am-9am Aqua Zumba	n/a
				5:30pm-6:30pm Aqua Zumba		

Group Swim Lessons						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
n/a	n/a	n/a	n/a	n/a	Group Swim lessons 10am-1:30pm	n/a



## **SAFE POOLS HAVE RULES!**

### **Lighthouse City YMCA Pool Rules**

1. Swimming without a lifeguard present is prohibited.
2. Breath-holding activities are not permitted in Y pools.
3. Shower before entering the pool.
4. Persons with bandages, open cuts and wounds are not allowed in the pool.
5. Running on the pool deck, in the hallway, or the locker rooms is not permitted.
6. Children 12 years and under must pass a swim test before they are permitted in the water.
7. Street or gym clothes are not permitted in the pool at any time.
8. Y equipment is used for instructional use only.
9. Enter the water facing forward and feet first.
10. Hanging on the lane lines, ladders, and deep ropes is not permitted.
11. Horse play of any kind is not tolerated.
12. The lifeguard's word is final.
13. In case of emergency or drill clear water immediately

### **Lap Swim Etiquette**

Lane Sharing: If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half.  
The entrance of a 3<sup>rd</sup> person changes the lane to "circle swimming" format.

### **Aquatic Age Requirements**

All children 5 and over must use gender specific locker rooms, children 7 and under must be accompanied by a parent or guardian at all times and all children 12 and under will be given a swim test, those who are not able to pass must be supervised and with a parent or guardian in the water at all times.

## **SWIM TEST POLICY**

Drowning is the second-leading cause of injury-related deaths for children ages 1-14 years old. The YMCA of Southern Arizona is committed to implementing proven drowning prevention efforts to ensure safety. As a result, children ages 12 and under will be tested to evaluate swimming competency. Once a swim test has been completed, the swimmers age, birth date and wristband color may be logged for easy issue of swim bands for future visits.

### **Green Band Swimmer Qualifications**

Children who are able to jump into water feet first, swim one length of the pool - without stopping, touching the bottom or the edges of the lane - and successfully tread water for 30 seconds will receive a green band.

### **Red Band Qualifications**

Children who choose not to take the swim test or who are unable to demonstrate all of the above mentioned Green band qualifications will be issued a red band.