



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lighthouse City YMCA: 2019 Spring Pool Schedule

Updated: April 1st, 2019

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

Water Fitness Classes					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:30am Water Fitness	8:30am-9:30am Water Fitness	8:30am-9:30am Water Fitness	8:30am-9:30am Water Fitness	8:30am-9:30am Water Fitness	8am-9am Aqua Zumba
				5:30pm-6:30pm Aqua Zumba	

Lap Swim Etiquette

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. However, the entrance of a third person changes the lane to a "circle swimming" format.

Rules for Minors

- All children 12 years and younger must take the swim test, including after school groups, camps, birthday parties and other pool rentals.
- Children under the age of 7 must be accompanied by an adult in the water within arms reach. If they are able to pass a swim test and adult must be present in the pool area.

Lighthouse City YMCA

2900 N. Columbus Blvd.

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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. No Diving or head first entry anywhere in the pool.
5. Persons with bandages, open cuts and wounds are not allowed in the pool.
6. Running on the pool deck, in the hallway, or the locker rooms is not permitted.
7. Children 12 years and under must take a swim test before they enter the water.
8. Street or gym clothes are not permitted in the pool at any time.
9. Y equipment is used for instructional use only.
10. Enter the water facing forward and feet first.
11. Hanging on the lane lines, ladders, and deep ropes is not permitted.
12. Horse play of any kind is not tolerated.
13. The lifeguard's word is final.
14. In case of emergency or drill clear water immediately

Swim Test Policy

The YMCA of Southern Arizona is committed keeping our community safe in and around water. The swim test, a proven drowning prevention technique, is given to children 12 years or younger to determine swimming ability. Once a swim test has been completed, the swimmers age, birthdate and wrist band color will be logged at the designated facility.

- **Green Bands:** Swims 25 yards with face in the water continuously. Jumps into deep water independently to tread water for a minimum of 30 seconds, and returns to the nearest side of the pool with no signs of exhaustion.
- **Red Bands:** Those who can not successfully complete the above components and those who refuse or are unable to take the swim Test.

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