



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOHSE FAMILY YMCA: 2019 Spring Pool Schedule

Updated: April 1st, 2019

| Lap Swimming | | | | | |
|-------------------------------|------------------------------|-------------------------------|------------------------------|-------------------------------|------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:30am-9:00am (5-6 lanes) | 5:30am-9:00am (5-6 lanes) | 5:30am-9:00am (5-6 lanes) | 5:30am-9:00am (5-6 lanes) | 5:30am-9:00am (5-6 lanes) | |
| 9:00am-11:15am (3-4 lanes) | 9:00am-2:00pm (3-4 lanes) | 9:00am-11:15am (3-4 lanes) | 9:00am-4:00pm (3-4 lanes) | 9:00am-11:15am (3-4 lanes) | 8:00am-1:00pm (5-6 lanes) |
| 11:15am-4:00pm (5-6 lanes) | Pool Closed 2pm-3pm | 11:15am-4:00pm (5-6 lanes) | 4:00pm-8:30pm (3-4 lanes) | 11:15am-4:00pm (5-6 lanes) | 1:00pm-5:30pm (3-4 lanes) |
| 4:00pm 8:30pm (3-4 lanes) | 3:00pm 4:00pm (5-6 lanes) | 4:00pm 8:30pm (3-4 lanes) | | 4:00pm 8:30pm (3-4 lanes) | |
| | 4:00pm 8:30pm (3-4 lanes) | | | | |

| Open Swim | | | | | |
|---------------|---------------|---------------|---------------|---------------|---------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 4:00pm-8:30pm | 4:00pm-8:30pm | 4:00pm-8:30pm | 4:00pm-8:30pm | 4:00pm-8:30pm | 1:00pm-5:30pm |

| Water Fitness Classes | | | | | |
|---|---------|---|----------|---|----------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:00am-10:00am Water Fitness Deep | | 9:00am-10:00am Water Fitness Deep | | 9:00am-10:00am Water Fitness Deep | |
| 10:15am-11:15am Water Fitness Shallow | | 10:15am-11:15am Water Fitness Shallow | | 10:15am-11:15am Water Fitness Shallow | |

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.

Lohse Family YMCA

60 W. Alameda St. Tucson, AZ 85701 | 520-623-5200 | TucsonYMCA.org/lohse



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SAFE POOLS HAVE RULES!

Lohse Family 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 take a swim test before they enter 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 the 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 Band:** Swims 25 yards with face in the water without touching the bottom or walls/lanes of the pool. 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.

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.

Additional Information

In collaboration with City High, the Lohse Family YMCA will hosting Boat Day. The pool will be closed to the public on Friday, **May 10th** from **10:00-11:30 am**. Thank you for your understanding.

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