



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOHSE FAMILY YMCA: 2019 Fall/Winter Pool Schedule

Updated: September 3rd, 2019

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

OPEN SWIM					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00pm-8:30pm (2 lanes)	3:00pm-8:30pm (2 lanes)	2:00pm-8:30pm (2 lanes)	3:00pm-8:30pm (2 lanes)	2:00pm-8:30pm (2 lanes)	1:00pm-5:30pm (2 lanes)

WATER FITNESS					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am Deep Water		9:00am-10:00am Deep Water		9:00am-10:00am Deep Water	
10:15am-11:15am Shallow Water		10:15am-11:15am Shallow Water		10:15am-11:15am Shallow Water	

SWIM LESSONS					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00-11:00am Group Lessons

Additional Schedule Information:

- The pool will have modified hours of 5:30am to 1:00pm on the following dates: 11/27/19, 12/24/19, and 12/29/19. The pool will have modified hours of 7:00am to 6:30pm on the following dates: 11/29/19 and 12/26/19.
- The schedule is subject to change at any time based on programming and facility needs.



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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.

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 8 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.

Swim Test Policy

The YMCA of Southern Arizona is committed to 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 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.
- **Yellow Bands:** Swims 15 yards with their head in/out of the water and body position slightly past 45 degrees (without touching the bottom and walls/lanes of the pool). Jumps into water independently to demonstrate swim-float-swim and return to the nearest side of the pool. ***A responsible person must remain in the pool area with the child.***
- **Red Bands:** Those who cannot successfully complete the above components and those who refuse or are unable to take the Swim Test. ***A responsible person must remain within arms reach of the child at all times.***