

## **POOL SCHEDULE**

WINTER 2019: 01/02/19-02/24/19

Pool Hours	MON	TUE	WED	THU	FRI	SAT	SUN
Pool nours	5:00am-	5:00am-	5:00am-	5:00am-	5:00am-	6:00am-	6:00am-
of Operation	10:30pm	10:30pm	10:30pm	10:30pm	9:30pm	9:00pm	9:00pm
	Please note: to allow time for changing, the pool closes ½-hour before the l						building
Lap Swim – At least one lane will be open, during normal pool operating hours [see above]							
_ •1	9:30am-	9:30am-	9:30am-	9:30am-	9:30am-		
Family	11:00am	11:00am	11:00am	11:00am	11:00am	9:00am-	10:00am-
	2:30pm-	2:30pm-	2:30pm-	2:30pm-	2:30pm-	8:30pm	8:30pm
	8:30pm	8:30pm	8:30pm	8:30pm	8:30pm		
Swim	Children under 9 years of age must be with a parent in the water						
	Children under 12 years of age must have a parent present in the pool area						
<b>Pool Parties</b>	Pool Parties Occupy ½ the Pool					2:30pm-	4:00pm-
	And Are Scheduled on Saturdays or Sundays:					4:30pm	6:00pm
Seniors, 55+ yrs	12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	7:30am-	7:30am-
	-1:00pm	-1:00pm	-1:00pm	-1:00pm	-1:00pm	8:30am	8:30am
Swim Lessons, Swim Lessons Require a Separate Registration Fee; times vary based on age and ability**							
	9:30am-	9:30am-	9:30am-	9:30am-	9:30am-		
Children	11:00am	11:00am	11:00am	11:00am	11:00am	8:30am-	10:00am
	3:30pm-	3:30pm-	3:30pm-	3:30pm-	3:30pm-	2:30pm	-4:00pm
	7:30pm	7:30pm	7:30pm	8:30pm	9:30pm		
Teens / Adults		7:30pm-		7:30pm-	7:30pm-		5:30pm-
		9:30pm		8:30pm	9:30pm		7:30pm
Water Fitness [All Aqua Exercise & Water Workout Classes are FREE with Membership]							
		6:30am-	8:30am-	6:30am-			8:45am-
A /		7:30am	9:30am	7:30am			9:45am
Aqua Exercise /	11:00am		11:00am		11:00am		
<b>Water Workout</b>	12:00pm		12:00pm		12:00pm		
	7:30pm-	6:30pm-	7:30pm-	6:30pm-			
	8:30pm	7:30pm	8:30pm	7:30pm			

<sup>\*\*</sup>Please see the Winter-Spring 2019 program guide for class registration fees and details

# Safe Pools Have Rules:

For the health, safety and enjoyment of all of our members, we insist that everyone please comply with the following:

#### **New York City Department of Health Code States:**

- 1. Pool use is prohibited outside of the hours listed on the pool schedule and at any time when there is no lifeguard on duty
- 2. Members must shower before entering the pool and wear appropriate bathing attire
- 3. Any person having any contagious disease or infectious condition such as sores or inflamed eyes, a cold, nasal or ear discharge, cuts, boils or other evident skin or other bodily infection shall not be permitted to enter the pool
- 4. Urinating, expectorating or blowing the nose, or allowing any human waste in any pool is prohibited
- 5. Any person under the influence of alcohol or exhibiting erratic behavior shall not be allowed to enter the pool area
- 6. Prolonged or repetitive breath-holding can be deadly. Intentional hyperventilation or underwater competitive breath-holding is not allowed
- 7. Conduct that is dangerous or compromises the safety of others is not allowed
- 8. No Diving

#### YMCA of Greater NY Requires:

- 1. Bathing caps must be worn in the pool
- 2. Swim diapers are required for individuals that wear diapers
- 3. Food, beverages and chewing/bubble gum are not permitted in the pool area
- 4. Running, skipping, pushing, dunking or any kind of rough play is dangerous and is not allowed
- 5. Street shoes and strollers are not permitted in the pool area
- 6. Make-up, deodorants, lotions, medicines, patches, band-aids or other skin applications must be removed before swimming
- 7. Everyone in the pool area must immediately comply with the directions of the lifeguards and any supporting YMCA staff
- 8. In any emergency situation, the pool must be cleared immediately to allow lifeguards and other staff to respond effectively
  - Please assist us in this effort by exiting the water and the pool area as promptly as possible when indicated

### Family Recreational Swim – Additional Requirements:

- 1. Children under 9 years of age, regardless of ability, are only permitted to swim if there is a parent, guardian or instructor in the water with them, directly supervising their activities
- 2. Children 9, 10 or 11 years of age, regardless of ability, are only permitted to swim if there is a parent, guardian or instructor present in the pool area supervising their activities
- 3. Children 12 years of age or older may swim without a parent, guardian or instructor present, subject to the policies and schedules of the YMCA, under the supervision of the lifeguard on duty
- 4. Non-swimmers [as determined by YMCA aquatics staff], regardless of age, are restricted to chest-deep water or shallower
- 5. The use of inflatable flotation devices is not permitted at any time for any reason
- 6. Only the use of YMCA equipment is approved in the pool; use of equipment may be restricted at the lifeguards' discretion

Please feel free to contact our Aquatics Director, Michael R. Creegan, at 347-739-3584 or mcreegan@ymcanyc.org

**Thank You**