

POOL SCHEDULE SUMMER 2019: 09/03/19 - 10/27/19

| Dealthean | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|---------------|---------------|---------------|----------------|---------------|----------|
| Pool Hours | 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 |
| or operation | Please n | ote: to allow | time for chan | ging, the poo | l closes ½-hou | ur before the | building |
| Lap Swim – At least one lane will be open at all times except Fridays 7:30-9:30pm | | | | | | | |
| | 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- |
| Family | 2:30pm- | 2:30pm- | 2:30pm- | 2:30pm- | 2:30pm- | 8:30pm | 8:30pm |
| Swim | 7:30pm | 7:30pm | 7:30pm | 7:30pm | 9:30pm | | |
| SWIII | 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 | | | | | | |
| Pool Parties | Pool Parties Occupy ½ the Pool | | | | | 2:30pm- | 4:00pm- |
| FOOIFaitles | 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- |
| Schlors, 551 yrs | -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** | | | | | | | |
| Children | 9:30am- | 9:30am- | 9:30am- | 9:30am- | 9:30am- | | |
| | 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 | 7:30pm | 7:30pm | | |
| Teens / Adults | | 7:30pm- | | 7:30pm- | 7:30pm- | | |
| Teens / Addits | | 9:30pm | | 8:30pm | 9:30pm | | |
| Water Fitness [All Aqua Exercise & Water Workout Classes are FREE with Membership] | | | | | | | |
| | | 6:30am- | 8:30am- | 6:30am- | | | 8:45am- |
| | | 7:30am | 9:30am | 7:30am | | | 9:45am |
| Aqua Exercise / | 11:00am | | 11:00am | | 11:00am | | |
| Water Workout | 12:00pm | | 12:00pm | | 12:00pm | | |
| | 7:30pm- | 6:30pm- | 7:30pm- | 6:30pm- | | | |
| | 8:30pm | 7:30pm | 8:30pm | 7:30pm | | | |
| Swim Team Rental | 7:30pm- | 7:30pm- | 7:30pm- | 7:30pm- | 7:30pm- | | |
| | 9:30pm | 9:30pm | 9:30pm | 9:30pm | 9:30pm | | |

**Please see the Spring-Summer 2019 program guide for class registration fees and details

STATEN ISLAND YMCA, SOUTH SHORE CENTER 3939 Richmond Avenue, 718-227-3200

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 breathholding 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, Matthew Greenfield, at 718-227-3200 or mgreenfield@ymcanyc.org

Thank You