## Pool Schedule
### January 1st – February 23rd, 2020

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**Lap Lane Speed Information**

- Lane 2 - Slow
- Lane 3 & 6 - Medium
- Lane 4 - Med-Fast
- Lane 5 - Fast

*You must be able to lap swim continuously to be in the lap lanes. All ages, strokes and kickboards are permitted. Private swim lessons are permitted. Private swim lessons are taught during open swim hours.*

**Community Partnerships**

- 4p-5p (LANES 5&6)
Aquatics Department Information

Swim Caps are available for purchase at the membership desk for $10.00 - $13.00
Towels are available in both the men’s and women’s locker rooms and on the pool deck
Family-friendly locker rooms are available for adults who wish to accompany their child that is aged 5 and over and of the opposite gender

Swim Evaluations for aquatic classes are done 15 minutes prior to the start of the first class of the afternoon during the weekdays, and on Saturdays at 9:45am or 2:15PM Sundays at 9:15a or 1:15pm.

Swim Safely

Children 8 years old or younger must be within arm’s length of a parent/adult guardian when in the pool.
Children between the ages of 9 and 11 must have a parent/adult guardian on the pool deck or viewing area at all times.
Adults/guardians on the pool deck MUST be in swim attire.
Members should shower before entering the pool.
Street shoes are not allowed on the pool deck.
Everyone in the pool must wear a swim cap.

No gym shorts, cutoffs or other converted street clothing may be worn as bathing suits.
Individuals with infections, open sores or cuts and ear/nose discharge will not be allowed to enter the pool.
Spitting in the pool or pool gutters is not allowed.
Band-Aids, bandages, metal hair clips and hairpins must be removed before entering the pool.
Inflatable flotation devices, balls or other large pool toys are not permitted.
Instructional swim aids (kick boards, barbells, pull buoys) are only for class use.
No food and gum permitted in the pool area. Glass bottles are strictly prohibited.

All questions regarding Aquatics should be directed to the Aquatics Director, Aytaiissa Kirkpatrick, at 212.912.2421 or akirkpatrick@ymcanyc.org
Family Swim Guidelines

Family swim time strengthens relationships between families! For all to have an enjoyable experience, please observe the following:

- Access to Family Swim is on a first-come, first-served basis for those with family memberships only. Wrist bands are required during all Family Swim sessions.
- Due to limited space, families may attend a maximum of one swim session daily.
- Wrist bands are distributed at the front desk 15 minutes prior to the start of every session. All Family Swim participants must be present when picking up wrist bands. You must also present all membership cards for each family member.
- All FAMILY swim participants must follow the ratios below:
  - 1 Adult per 2 non-swimming children
  - *ALL non-swimming children MUST be in arms reach of Adult at all times*
  - 1 Adult per 3 swimming children including 9+ years of age through teenagers
  - * Swimmers are considered those who can swim one length of the pool with no flotation device and tread water for at least 30 seconds
- All participants must wear a swimming cap and proper swim attire, which includes swim diapers for infants and children who are not potty-trained.
- Please shower before entering the pool.
- Inflatable flotation devices are not allowed.
- Non-swimmers must remain in the shallow end.
- For your safety, running, jumping and diving are prohibited.
- Please note, there is no observation space available on the Pool deck.
- Please respect the decisions of our lifeguards and be courteous to other members. Your cooperation is greatly appreciated.
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For more information about our Aquatics programs, contact Aytaiassa Kirkpatrick, Aquatics Director at 212-912-2421 or akirkpatrick@ymcanyc.org

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**Family Swim Summer Schedule**

**Dodge YMCA**

January 2nd-February 23rd, 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<td>10A-10:45A (LANE 1)</td>
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<td>9A-10A (LANES 1 &amp; 2)</td>
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<tr>
<td>10:45A-11:30A (LANES 1)</td>
<td>3P-4P (LANE 1)</td>
<td>1:30P-2:30P (LANE1)</td>
<td>10:45A-11:30A (LANES 1)</td>
<td>3P-4P (LANES 1 &amp; 2)</td>
<td>10A-10:45A (LANE 1 &amp; 2)</td>
<td>10A-10:45A (LANE 1 &amp; 2)</td>
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<td>11:30a-12P (LANES 1 &amp; 2)</td>
<td>6P-7P (LANES 1)</td>
<td>3P-4P (LANE 1)</td>
<td>11:30a-12P (LANES 1 &amp; 2)</td>
<td>6:30P-7:30P (LANE 1)</td>
<td>10:45A-11:30A (LANE 1 &amp; 2)</td>
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<td>2:30P-3:15P (LANES 1 &amp; 2)</td>
<td>7:30P-8:30P (LANES 1 &amp; 2)</td>
<td>11:30A-12:15P (LANE 1)</td>
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<td>1P-2P (LANES 1 &amp; 2)</td>
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*Wrist Bands will be disbursed 15 min before each session starts. Family Swim is on a first-come, first-served basis for those with Dodge YMCA memberships only. (No Guest Passes for Family Swim)*