

Itasca YMCA POOL Schedule

SPRING **MAY 28 - JUNE 7**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:15am Lap Swim						
8:25-9:10 Aquacise	8:25-9:10 Aquacise	8:25-9:10 Aquacise	8:30-9:30 OPEN with 2 Lap Lanes	8:25-9:10 Aqua Zumba	7:30-10:30am Lap Swim	JUNE 7th POOL CLOSED TO MEMBERSHIP 7:30-10:30am Lap Swim
9:15-10:00 Water Restore	9:15-10 OPEN	9:15-10:00 Water Restore	9:45-11am	9:15-10:00 Water Restore		
10-11 Childcare Swim	10-11 Childcare Swim	10-11 Childcare Swim	Family Swim	10-11 OPEN		
11:00am-1:00pm Lap Swim						
1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH		1-3:00 OPEN w/1 lap lane 1 lane GICH	1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH	1:00-4:00 OPEN w/1 Lap Lane	OPEN Family Swim 10:45am-2:30pm Pool area closes @2:30	JUNE 7th POOL CLOSED TO MEMBERSHIP OPEN Family Swim 10:45am-2:30pm Pool area closes @2:30
OPEN w/2 Lap Lanes 4:00-8:30 (NO LAP swim June 1)	OPEN w/2 Lap Lanes 4:00-8:30 (NO LAP swim June 2)	5:30-6:30 Water Tabata	OPEN w/2 Lap Lanes 4:00-8:30	OPEN w/2 Lap Lanes 4:00-8:30 (NO LAP swim June 5)	Y Aquatics Summer Hours Mon-Fri 5:30am-8:30pm Saturday 7:30am-2:30pm Sunday 7:30am-2:30pm	
		OPEN w/2 Lap Lanes 6:30-8:30				
8:30pm Pool Area Closed						

POOL SIZE 15x25 YARDS

Schedule subject to change



ITASCA YMCA POOL RULES

(STATE LAW) Shower before entering & reentering the pool, whirlpool, & after sauna.

NO running or rough play.

NO spitting, spouting water, nose blowing in pool.

NO glass allowed.

NO food allowed.

(STATE LAW) NO open sores, infections, or rashes.

NO Diving.

NO flips, back dives, or throwing kids.

NO non-swimmers past the 4-foot line. (Unless over 12 yrs with CG approved lifejacket OR under 12 yrs within arms reach of adult and wearing a CG approved lifejacket.)

Children under 12 yrs must have active, pool side supervision.

Children under 7 yrs/50" tall must have responsible caregiver in the pool within arms reach of child even if in floatation device.

(Children must be able to stand firmly on the pool floor or be within arms reach of an adult.)

All children must pass a swim test to be in deep end. (Lifeguards may require a swim test for any swimmer, regardless of age, if they suspect limited ability.)

NO cutoffs, denim, underwear, thong swimsuits.

NO hanging on lane ropes.

Pool door to lobby is for emergency/Y management staff only.

NO public display of affection.

NO street shoes on the pool deck.

All children must be in a swim diaper if not toilet trained.

Prolonged underwater swimming & breath holding is not permitted.

Cell phone use in locker rooms is strictly prohibited.

WHIRLPOOL RULES

NO children under 5 yrs old allowed in whirlpool.

Children ages 3-4 may sit on edge with their feet in the water only, and must be directly supervised by an adult.

Children ages 5-11 must be accompanied by an adult in the whirlpool at all times.

NO toys, swimming, diving, jumping, submerging head, public display of affections or lifejackets.

All applicable pool rules apply to the whirlpool.

SAUNA RULES

NO children under 6 yrs old allowed in the sauna.

Children 6-11 may use the sauna for a short time under direct supervision of a adult who is also in the sauna.

All applicable pool rules apply to the sauna.

SAFETY IS OUR PRIORITY

The pool is a great place to have fun and exercise, but the most important thing at the Y is your safety. Our staff are certified by the American Red Cross and receive frequent training. Please observe the pool area policies to ensure a great experience for you and those around you. The lifeguard on duty has the final say on all aquatic area rules.