



# Itasca YMCA POOL Schedule

## February – May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:00am 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- 10:15am Lap Swim	10:30-12:15pm Lap Swim
9:15-10:00 Water Restore	9:15-10 OPEN	9:15-10:00 Water Restore	9:45-11am <b>Youth Swim Lessons</b>	9:15-10:00 Water Restore		
10-11 <b>WeeFolks Swim lesson</b>	10-11 <b>WeeFolks Swim lesson</b>	10-11 <b>WeeFolks Swim lesson</b>		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	1:00-3:30 OPEN w/1 Lap Lane	OPEN Family Swim 10:30am- 5:15pm	OPEN Family Swim 12:30-5:15pm
		3-4:45 <b>End Zone Child Watch Swim</b>				
		4:00-5:25 <b>Youth Swim Lessons</b>	4:00-5:25 <b>Youth Swim Lessons</b>	4:55-5:25 <b>Swim Starters</b>	4:00-5:25 <b>Youth Swim Lessons</b>	3:30-5:30 OPEN
5:30-6:30 Aqua Zumba®	5:30-6:15 Aqua Jam	5:30-6:15 Water Tabata	5:30-8:30 OPEN with 2 Lap Lanes		<b>Y Aquatics Hours</b> Mon-Fri 5:30am-8:30pm Saturday 7:30am-6:30pm Sunday 10:30am-6:30pm	
6:30-8:30 OPEN w/2 Lap Lanes	6:30-8:30 OPEN w/2 Lap Lanes	6:30-8:30 OPEN w/2 Lap Lanes				
8:30pm Pool Area Closed						

**NO ISD 318 School days End Zone Child Watch will have pool reserved 1–2pm AND  
NO 1–3pm Lap Swimming** check here for school calendar <https://www.isd318.org/domain/57>

**Schedule subject to change**

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## **ITASCA YMCA POOL RULES**

**(State Law)** Shower before entering and reentering the pool, whirlpool and after sauna

NO running or rough play.

NO spitting, spouting water, nose blowing in pool.

NO glass allowed.

NO food allowed.

**(State Law)** No one with open sores, infections, or rashes.

NO diving.

NO flips, back dives, or throwing kids.

NO non-swimmers past the 4-foot line.

Children under 12 years old must have active pool side supervision.

Children under 7 yrs/50" tall must have responsible caregiver IN the pool within arm's reach of child/children even if the child is wearing a flotation device.

All children must pass a swim test to use the deep end.

NO cutoffs, denim, underwear, thong swimsuits allowed.

NO hanging on lane ropes.

Pool door to lobby is for emergency or 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 and breath holding games are not permitted.

Cellphone use in locker rooms is strictly prohibited

### **Whirlpool Rules:**

For health reasons it is not advised for children under 6 years to use a whirlpool.

Children 6-12 may use the whirlpool for a short time under direct supervision of a parent who is also in the whirlpool.

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

All applicable pool rules.

### **Sauna Rules:**

NO children under 6 years old.

Children 6-12 may use the sauna for a short time under direct supervision of a parent who is also in the sauna.

All applicable pool rules.

### **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.