



North Austin YMCA Instructional POOL SCHEDULE

January

Building Hours

M-Th 5:30am-10pm
 Fri 5:30am-9:00pm
 Sat 8am-6pm

Child Watch Hours

M-F (AM) 8am-1pm
 M-F (PM) 4pm-8:30pm
 Sat 8am-1pm

Monday

7:00am-8:30 am
Open Swim

8:30am-9:30am
Aqua Interval Beginner

9:30am-11:30am
Open Swim

11:30-1:00pm
Swim Lessons

1:00pm-4:30pm
Open Swim

4:30pm-8:00pm
Swim Lessons

8:00pm-9:45pm
Open Swim

Pool Closes at 9:45pm

Tuesday

7:00am-8:30 am
Open Swim

8:30am-9:30am
Aqua Cardio Mix

9:30am-11:30am
Open Swim

11:30-1:00pm
Swim Lessons

1:00pm-4:30pm
Open Swim

4:30pm-5:00pm
Swim Lessons

5:00pm-6:00pm
Aqua Range of Motion

6:00-7:55pm
Swim Lessons

7:55pm-9:45pm
Open Swim

Pool Closes at 9:45pm

Wednesday

7:00am-8:30 am
Open Swim

8:30am-9:30am
Aqua Interval Beginner

9:30am-11:30am
Open Swim

11:30-1:00pm
Swim Lessons

1:00pm-4:30pm
Open Swim

4:30pm-8:05pm
Swim Lessons

8:00pm-9:45pm
Open Swim

Pool Closes at 9:45pm

Thursday

7:00am-8:30 am
Open Swim

8:30am-9:30am
Aqua Cardio Mix

9:30am-11:30am
Open Swim

11:30-1:00pm
Swim Lessons

1:00pm-4:30pm
Open Swim

4:30pm-5:00pm
Swim Lessons

5:00pm-6:00pm
Aqua Range of Motion

6:00-7:55pm
Swim Lessons

7:55pm-9:45pm
Open Swim

Pool Closes at 9:45pm

Friday

7:00am-8:30 am
Open Swim

8:30am-9:30am
Aqua Interval Intermediate

9:30am-12pm
Open Swim

12pm-8:45pm**
Open Swim

**Make-up Swim Lessons will be held on Fridays when necessary. The Instructional pool will be closed in the event that we have make-up lessons.

Pool Closes at 8:45pm

Saturday

8:00am-8:30am
Open Swim

8:30am-12:10pm
Swim Lessons

12:10pm-5:45pm
Open Swim

Pool Closes at 5:45pm

Sunday

1:00pm-4:00pm
Open Swim

4:00-5:45pm
Community/Open Swim

Pool Closes at 5:45pm

At the North Austin YMCA we care about the safety of our young members and guests. We have swim test procedures in place to help keep the children safe in the water.

Swim Test Policy:

The North Austin YMCA requires that all children under the age of 12 must be swim tested prior to entering a pool without an adult. Once a swim test has been completed, the swimmer's name will be logged by the lifeguard. If a child has not passed the swim test, they must have an adult in the water within arms distance at all times.

During each YMCA visit, swimmers who have passed the test MUST pick up a GREEN wristband from the lifeguard desk prior to entering the pool for the day.

Swim Test- Swim half a length (15 yards), turn around without touching the bottom or sides of pool, swim back and exit the water safely. The swimmer must continuously show forward movement. Swim tests are at the lifeguard's discretion. If for any reason the lifeguard feels a swimmer is unsafe, he/she may be asked to re-take the test. Anybody of ANY AGE can be asked to take the swim test for the safety of all patrons.

Open Swim Policy:

1. Any child that has not passed the swim test or who requires a Coast Guard Approved flotation device **MUST** have a parent/guardian in the pool within arms reach at all times.
2. Swimmers who have passed the swim test and are 12 years of age or older, may use the pool without direct adult supervision.
3. Any child 5 years of age and under, must have a parent/guardian in the water with them, regardless of swimming ability.

Life Jackets:

Only U.S. Coast Guard approved flotation devices are permitted during open swim. Life jackets are available at the Y if your child needs one, just ask the off-duty lifeguard.

In Need Of Assistance:

If at anytime you have a question or concern in the pool area please see the **OFF-DUTY** lifeguard for assistance.

***During Swim Lessons and Aqua Fitness Classes, the Instructional Pool is CLOSED for Open Swim! No one will be allowed in the pool other than those participating in the classes. Please plan your pool time accordingly. Thank you!**

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