



# North Austin YMCA Instructional POOL SCHEDULE

## NOVEMBER (NO LESSONS 11/22-11/23)

### 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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