

SOUTHWEST YMCA JANUARY 2020 POOL SCHEDULE (EFFECTIVE 1/1/20 - 1/31/20)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
INDOOR POOL	Open Swim 5:30am-7am	Open Swim 5:30am-7am	Open Swim 5:30am-7am	Open Swim 5:30am-7am	Open Swim 5:30am-7am	Aqua Fit 8:15am-9:15am w/Kay	Open/Family Swim 1-6:30pm	
	Aqua Cardio 7-8am w/Kathleen	Aqua Fit 7-8am w/Kay	Aqua Cardio 7-8am w/Kathleen	Aqua Fit 7-8am w/Kay	Aqua Cardio 7-8am w/Kay			Swim Lessons 9:30am-1pm
	Aqua Fit 8:15-9:15am w/Jolyn	Aqua Fit 8:15-9:15am w/Alyda	Aqua Fit 8:15-9:15am w/Jolyn	Aqua Fit 8-9am w/Kathleen	Aqua Fit 8:15-9:15am w/Alyda	Open Swim 1pm-6:30pm		
	AOA AQUA ROM 9:30-10:30am w/Jolyn	Aqua Power 9:30-10:30am w/Lizbeth	AOA AQUA ROM 9:30-10:30am w/Jolyn	Aqua Power 9:30-10:30am w/Lizbeth	AOA AQUA ROM 9:30-10:30am w/Nancy			
	Arthritis 10:40-11:40am w/Joyce	AOA AQUA ROM 10:45-11:30am w/Nancy	Arthritis 10:40-11:40am w/Joyce	AOA AQUA ROM 10:45-11:30am w/Nancy	Arthritis 10:40-11:40am w/Joyce			
	Project Safe Swim 11:45am-1:30pm	Project Safe Swim 11:45am-1:30pm	Project Safe Swim 11:45am-1:30pm	Project Safe Swim 11:45am-1:30pm	Open Swim 11:40am-5:30pm	Open Swim 6:30pm-9:30pm		Fraturdays = Possible Lesson Makeup Days
	Open Swim 1:30-3:25p	Open Swim 1:30-4pm	Open Swim 1:30-3:25pm	Open Swim 1:30-4pm	SNAPs Family Swim 5:30-6:30pm			
	Swim Lessons 3:25-6:15pm	Swim Lessons 4-8pm	Swim Lessons 3:25-6:15pm	Swim Lessons 4-8pm	Swim Lessons 4-8pm			
	Aqua Fit 6:15-7:15pm w/Maggie	Swim Lessons 4-8pm	Aqua Fit 6:15-7:15pm w/Maggie	Swim Lessons 4-8pm	Swim Lessons 4-8pm			
	Open Swim 7:15-9:30pm	Open Swim 8-9:30pm	Open Swim 7:15-9:30pm	Open Swim 8-9:30pm	Open Swim 8-9:30pm			
LAP POOL	Open Swim 5:30am-6:30am	Open Swim 5:30am-6:30am	Open Swim 5:30am-6:30am	Open Swim 5:30am-6:30am	Open Swim 5:30am-9:30pm	Open Swim 8am-6:30pm	Open/Family Swim 1-6:30pm	
	Swim Team 6:30-7:30am	Swim Team 6:30-7:30am	Swim Team 6:30-7:30am	Swim Team 6:30-7:30am				
	Open Swim 7:30am-4:15pm	Open Swim 7:30am-6:40pm	Open Swim 7:30am-4:15pm	Open Swim 7:30am-6:40pm				
	Swim League 4:15-6:15pm		Swim League 4:15-6:15pm					
	Open Swim 6:15pm-9:30pm	Masters 6:40-7:40pm	Open Swim 6:15-9:30pm	Masters 6:40-7:40pm				
		Open Swim 7:40-9:30pm		Open Swim 7:40-9:30pm			Fraturdays = Possible Lesson Makeup Days	
INTERACTIVE POOL	Open Swim 5:30am-9:30pm	Open Swim 5:30am-9:30pm	Open Swim 5:30am-9:30pm	Open Swim 5:30am-9:30pm	Open Swim 5:30am-9:30pm	Open Swim 8am-6:30pm	Open Swim 1-6:30pm	
						KEY		
						Open Swim	Pool Open	
						Pool Closed	Pool closed	
					Shared Space	Min. 1-2 Lanes Open		

The Lifeguard is in charge of the pool at all times.

All children under the age of 12 must pass the YMCA of Austin Swim Test.

Swimmers who have passed the swim test and are 12 years of age or older may use the pool without direct adult supervision.

No running, diving, dunking, pushing, horseplay, prolonged breath-holding, or inappropriate behavior of any kind.

No food, drink, or gum in the pool area.

All swimmers must shower before entering the pool.

Only United States Coast Guard approved flotation devices allowed in the pool.

Only appropriate swimwear is allowed in the pool.

All children wishing to use a slide must pass the swim test and follow slide manufacture's specifications.

The Lifeguard is empowered to enforce all YMCA of Austin policies, including but not limited to membership and behavior policies.

Lifeguard's word is final.

YMCA of Austin Swim Test Policy

All children under the age of 12 must be swim tested prior to entering a pool without an adult.

If a child has not passed the swim test they must have an adult in the water and remain within arms distance at all times.

If a child wishes to swim in water depths over 5' they must have passed the swim test or be within arms distance of an adult and wearing a U.S. Coast Guard approved PFD.

Criteria for passing swim test: Jump into water (feet first), recover, swim ½ distance of the pool, change direction (turn around), return to starting point and exit water on their own. Lifeguards are looking for forward and constant motion, horizontal body position, no underwater swimming and no touching the bottom or sides of pool during test.

If a child fails the swim test they must wait 24 hours before re-testing.

Children that pass the test will be logged at the branch where the test was taken for future references.

Swim tests will be good for a year and retested annually.

After passing the swim test, it is the responsibility of the member to retrieve their wristband each visit.

Children without wristbands will not be allowed in the water without a parent/guardian of at least 18 years of age.

The YMCA reserves the right to swim test anyone. We also reserve the right to re-test.

Billy Warren

Aquatics Director

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