

Pool Schedule JUNE 1 – AUG 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:15am Lap Swim						
8:30-9:15 Aquacise	8-10am 1 lane GICH 1 lane Lap & Family swim	8:30-9:15 Aquacise	8-10am 1 lane GICH 1 lane Lap & Family swim	8:30-9:15 Aqua ZUMBA	7:30- 11:30am Lap Swim	7:30- 11:30am Lap Swim
9:15-10am Water Restore		9:15-10am Water Restore		9:15-10am Water Restore		
10-11am Childcare Swim	10-11am Childcare Swim	10-11am Childcare Swim	10-11am Family Swim	10-11am Childcare Swim	11:45am- 2:30pm OPEN Family Swim Pool area closes @ 2:30pm	11:45am- 2:30pm OPEN Family Swim Pool area closes @ 2:30pm
11:00am-1:00pm Lap Swim		11am-1pm 1 lane GICH/ 4 lanes Lap	11:00am-1:00pm Lap Swim			
1:00-3:15pm OPEN/CAMP WANNAGO						
3:30-5:30 Youth Swim Lessons				3:30-5:30 OPEN swim		
5:30pm - 8:30pm OPEN w/2 Lap Lanes		5:30-6:15pm Deep Water Tabata	5:30pm - 8:30pm OPEN w/2 Lap Lanes		Y Aquatics Hours Mon-Fri 5:30am-8:30pm Saturday 7:30am-2:30pm Sunday 7:30am-2:30pm	
		6:30pm - 8:30pm OPEN w/2 Lap Lanes				
8:30pm Pool Area Closed						

POOL SIZE 15x25 YARDS

1 lane GICH means lane reserved for Fairview/Grand Itasca Aquatic Therapy

Schedule subject to change



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 10 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.

NO lifejackets in the deep end. Deep end is for proficient swimmers.

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.

Cell phone use in locker rooms is strictly prohibited.

Whirlpool Rules:

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

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

Children 6-10 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 6-10 may use the sauna for a short time under direct supervision of a parent who is also in

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.