# Itasca YMCA POOL Schedule

**SEPT 5 – DEC 31**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5:30am–8:15am</td>
<td>8:30–9:15am</td>
<td>8:30–9:15am</td>
<td>8:30–9:30am</td>
<td>8:30–9:15am</td>
<td>7:30–10am</td>
</tr>
<tr>
<td>Lap Swim</td>
<td>Aquacise</td>
<td>Deep Water Tabata</td>
<td>Aquacise</td>
<td>OPEN with 2 Lap Lanes</td>
<td>Aquacise</td>
<td>Lap Swim</td>
</tr>
<tr>
<td>8:30–9:15am</td>
<td>9:15–10:00am</td>
<td>OPEN</td>
<td>9:15–10:00am</td>
<td>9:45–11am</td>
<td>9:15–10:00am</td>
<td>10:30–12:15pm</td>
</tr>
<tr>
<td>Water Restore</td>
<td>Water Restore</td>
<td>Youth Swim Lessons</td>
<td>Water Restore</td>
<td>Youth Swim Lessons</td>
<td>10–11 Childcare Swim</td>
<td>Lap Swim</td>
</tr>
<tr>
<td>11:00am–1:00pm</td>
<td>Lap Swim</td>
<td>1–3:00 OPEN w/1 Lap Lane 1 lane GICH</td>
<td>1–3:00 OPEN w/1 Lap Lane 1 lane GICH</td>
<td>1:00–4:00 OPEN w/1 Lap Lane 1 lane GICH</td>
<td>OPEN Family Swim</td>
<td>OPEN Family Swim</td>
</tr>
<tr>
<td>Youth Swim Lessons</td>
<td>Youth Swim Lessons</td>
<td>Deep Water Tabata</td>
<td>Youth Swim Lessons</td>
<td>OPEN/ End Zone Swim</td>
<td>11:00am–6:30pm</td>
<td>12:30–5:15pm</td>
</tr>
<tr>
<td>4:00–5:25</td>
<td>4:00–5:25</td>
<td>4:00–4:45</td>
<td>4:00–5:30</td>
<td>3:30–5:30</td>
<td>5:30–6:30pm</td>
<td>Pool area closes @6:30</td>
</tr>
<tr>
<td>Aqua Zumba®</td>
<td>Aqua Jam</td>
<td>Swim Start 4:55–5:30</td>
<td>OPEN with 2 Lap Lanes</td>
<td>OPEN with 2 Lap Lanes</td>
<td>5:30–8:30</td>
<td>Pool area closes @ 6:30</td>
</tr>
<tr>
<td>5:30–6:30</td>
<td>5:30–6:15</td>
<td>5:30–6:30</td>
<td>5:30–8:30</td>
<td>5:30–8:30</td>
<td>5:30–6:30pm</td>
<td>5:30–6:30pm</td>
</tr>
<tr>
<td>OPEN w/2 Lap Lanes</td>
<td>OPEN w/2 Lap Lanes</td>
<td>OPEN w/2 Lap Lanes</td>
<td>OPEN with 2 Lap Lanes</td>
<td>OPEN with 2 Lap Lanes</td>
<td>8:30pm Pool Area Closed</td>
<td></td>
</tr>
</tbody>
</table>

**POOL SIZE 15x25 YARDS**

NO LAP SWIMMING 1–4:00pm on NO SCHOOL DAYS For those dates go to: [https://www.isd318.org/domain/57](https://www.isd318.org/domain/57)

Schedule subject to change
ITASCA YMCA POOL RULES

1. Shower before entering the pool or whirlpool.
2. No running or rough play allowed.
3. No spitting, spouting water or blowing nose in pool.
4. No glass allowed on the pool deck.
5. No food or drink allowed. Water only in plastic bottles accepted.
6. No one with open sores, infections or visible rashes allowed in pools.
7. No diving.
8. No flips, cannonballs, back dives, throwing kids, etc...
9. Children 10 years old and over may swim without an adult in water if:
   i. he/she can stand in the shallow end with head and shoulders above water
   ii. AND he/she can easily regain footing from a floating position
   iii. OR he/she is wearing a USCG approved life vest

Children under 7 years old must have direct adult supervision. This means the adult must be IN the pool within arm’s reach of child/children even if the child is wearing a flotation device.

10. Children 7-12 years must have an adult on pool deck watching.

Inflatable devices prohibited. We provide lifejackets for your use and convenience. Children using floatbelts or lifejackets cannot cross the 4ft line into the deep end. Floatbelts are for swim lessons.

4ft line into the deep end. Floatbelts are for swim lessons.

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

Test as follows (use of flotation device is not permitted):

i. Child must swim the width of the pool and back without stopping or touching the bottom. (Pushing off the side is acceptable.)
   ii. Tread water for 30 sec, front float for 10 sec and tread water again for another 10 sec.

12. No cutoffs or denims allowed.
13. No hanging on lane ropes.
14. Pool door to lobby is for emergency use only.
15. No hanging on ladders or playing on stairs.
16. No street shoes on the pool deck.
    Children under 12 must have a parent or other adult in lap lane with them during lap swim times unless they receive permission from the aquatics director.
    All children must be in a swim diaper if not toilet trained.

17. Whirlpool Rules:
   i. Children under 6 years old should NOT use whirlpool.
   ii. Children 6-11 may use the whirlpool for a short time under direct supervision of a parent who is also in the whirlpool

18. Sauna Rules:
   i. NO children under 6 years old
   ii. Children 6-13 may use the sauna for a short time under direct supervision of a parent who is also in the sauna