

the Y POOL SCHEDULE: MAY 25-SEPTEMBER 2

INDOOR FITNESS (LAP) POOL

LENGTH: 25 yards DEPTH: 3'6" - 9'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fitness/Lap Swim 5-9:30am [7] Swim Lessons \$ 9:30-11am [2] Boot Camp [2] 10-11am (Mikail) Day Camp \$ 11:10-4pm [4] Day Camp Swim Lessons \$ 4-4:40pm [3] Swim Lessons \$ 4:55-7:40pm [2] Sharks Team \$ 6-7pm [2] Open/Lap Swim 8-9:45pm [5]	Fitness/Lap Swim 5-9am [6] Triathlon Training 6-7am [6] Swim Lessons \$ 9:10-10:50am [2-5] Deep Water Aerobics [4] (Megan) 9:30-10:30am Day Camp \$ 11am-4pm [3] Day Camp Swim Lessons \$ 4-4:40pm [3] Swim Lessons \$ 4:30-5:30pm [5] Sharks Team \$ 6-7pm [1] Private Swim Lessons \$ 7-8pm [6] Open/Lap Swim 8-9:45pm [5]	Fitness/Lap Swim 5-6:30am [7] Shallow Water Aerobics [5] 6:30-7:30am (Jim) Open/Lap Swim 7:30-8:55am [7] Aqua Zumba [2] 10-11am (Kat) Swim Lessons \$ 9:30-11am [2] Day Camp \$ 11:10-4pm [4] Day Camp Swim Lessons \$ 4-4:40pm [3] Open/Lap Swim 4:40-6pm [7] Sharks Team/ Swim Lessons \$ 6-7pm [2] Swim Lessons \$ 7-7:40pm [3] Open/Lap Swim 8-9:45pm [5]	Fitness/Lap Swim 5-9:10am [7] Swim Lessons \$ 9:10-10:50am [2] Deep Water Aerobics (Cathy) 9:30-10:30am [2] Day Camp \$ 11am-4pm [4] Day Camp Swim Lessons \$ 4-4:40pm [3] Swim Lessons \$ 4:50-5:30pm [5] Open/Lap Swim 5:30-6pm [2] Sharks Team/ Swim Lessons \$ 6-7:10pm [2] Private Swim Lessons \$ 7:10-8pm [5] Open/Lap Swim 8-9:45pm [5]	Fitness/Lap Swim 5-10:20am [7] Swim Lessons \$ 10:20-11am [5] Day Camp/Swim Lessons \$ 10:25am-12:40pm [1] Day Camp \$ 12:40-4pm [3] Sharks Team \$ 5-7pm [3] Private Swim Lessons \$ 7-8pm [5] Open/Lap Swim 8-9pm [7]	Triathlon Training 7-8am [6] Shallow Water Aerobics [2-5] 9-10am (Cathy) Sharks Team/ Swim Lessons \$ 8:30-10am [2] Swim Lessons \$ 10:20am-12:40pm [5] Open/Lap Swim 4:30-6:30pm [7]
					SUNDAY
					Open/Lap Swim 11am-5:45pm [7]

\$ refers to a program that requires registration/payment
 # refers to how many lanes are available for fitness/lap swimming at that time
 The number of lap lanes may decrease/increase depending on the number of Aquatics program participants. We keep 1 lane open for lap swimming during high program usage times.

INDOOR FAMILY (U-SHAPED) POOL

ZERO DEPTH ENTRY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Arthritis 8-9am (Anne) Swim Lessons \$ 9:15-11:50am Day Camp \$ 11am-Noon LIFE 1-2pm (Tanya) Day Camp \$ 2:30-3:30pm Swim Lessons \$ 4-6:40pm *Open Swim* 8-9pm	Arthritis Plus \$ 8-9am (Rita) Swim Lessons \$ 9-10:50am Day Camp \$ 11am-12:30pm St. Vincent Aqua Therapy 1:30-5pm Swim Lessons \$ 5-7:30pm *Open Swim* 7:30-9pm	Arthritis 8-9am (Anne) Swim Lessons \$ 9:15-11:50am Day Camp \$ 11am-12:15pm LIFE 1-2pm (Tanya) Day Camp \$ (5/28-5/31 only) 2:15-3:15pm Swim Lessons \$ 4-6:40pm *Open Swim* 7-9pm	Arthritis Plus \$ 8-9am (Rita) Swim Lessons \$ 9-10:50am Camp Swim \$ 11-12:30pm *Sensory/Open Swim* 1-3pm Swim Lessons \$ 4-7:30pm *Open Swim* 8-9pm	Arthritis Plus \$ 7-8am (Rita) Arthritis 8-9am (Anne) Swim Lessons \$ 9:45-11:50am Camp Swim \$ 11am-Noon LIFE Noon-1pm (Tanya) Camp Swim \$ 2-4pm *Open Swim* 5-8pm	Swim Lessons \$ 9:15am-12:15pm *Open Swim* 1-4pm
					SUNDAY
					Open Swim 1-3pm Swim Lessons \$ 4:10-5:45pm

Open Swim incl. 15 minute Adult Swim at the top of each hour in all pools
No Open Swim during Programs, Swim Lessons or Sharks Swim Team
Fitness/Lap Swim is for lap swimmers & water fitness participants
HOLIDAY HOURS (special schedule)
 Memorial Day—Mon 5/27—YMCA open 7am-6pm
 Independence Day—Thu 7/4—YMCA open 7am-5pm
 Labor Day—Mon 9/2—YMCA open 7am-6pm

SWIM LESSONS:
SUMMER A: Jun 3-27 (M/W or T/Th), 2x/wk
SUMMER B: Jul 8-Aug 1 (M/W or T/Th), 2x/wk
SUMMER C: Jun 7-Jul 26 (Fri), 1x/wk
SUMMER D: Jun 8-Jul 27 (Sat), 1x/wk
SUMMER E: Jun 9-Jul 28 (Sun), 1x/wk

OUTDOOR POOL

LENGTH: 25 yards DEPTH: 3'1" – 4'7"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Shallow Water Aerobics 9–10am (Stephanie) *Open Swim* 10am–7:45pm Slide 11am–6:45pm Aqua Zumba 7–7:45pm (Christine)	*Open Swim* 10am–7:45pm Slide 11am–7:45pm Shallow Water Aerobics 7–7:45pm (Jennifer)	Shallow Water Aerobics 9–10am (Jim) *Open Swim* 10am–7:45pm Slide 11am–6:45pm Shallow Water Aerobics 7–7:45pm (Cindy)	*Open Swim* 10am–7:45pm Slide 11am–6:45pm Shallow Water Aerobics 7–7:45pm (Tanya)	Shallow Water Aerobics 9–10am (Jim) *Open Swim* 10am–7:45pm Slide 11am–6:45pm	*Open Swim* 10am–6:45pm Slide 11am–5:45pm SUNDAY *Open Swim* 11am–5:45pm Slide Noon–4:45pm

Open Swim incl. 15 minute Adult Swim at the top of each hour in all pools

SAFETY GUIDELINES

- Lifeguards have the responsibility to enforce rules and regulations and have the authority to remove anyone for unsafe or inappropriate behavior. One long whistle blast is an emergency signal to clear the pool.
- Members must show a valid membership card, and visitors must present a photo ID to enter the facility and pool area.
- Children 10 and under must have adult supervision at all times. Children 11 and up must be able to stand flat-footed (chin above the water) or pass a swim test to be in the water without an adult. Water fitness activities are for those 11 and up.
- Open swim includes 15 minute Adult Swim at the top of each hour.
- Swimmers may face forward and jump in feet first in all depths, but not hold hands, spin, flip or enter backwards. Diving is not allowed in water that is less than 9' deep.
- Kickboards and water fitness equipment are for classes or for adult use only. Use of masks, snorkels, fins and pull buoys are for lap use only. Only U.S. Coast Guard-approved life jackets or puddle jumpers are allowed as floatation devices (no inflatables or mermaid tails).
- Rough play, dunking, pushing, breath holding and prolonged submersion are not permitted. Refrain from hanging on or playing on lane lines or safety ropes.
- Appropriate swimsuits are required. Street clothes, pants, sport bras, underwear and see-through swimwear are prohibited. Children who are not toilet-trained must wear a swim diaper.
- Gum, food and drinks (other than water) must remain in the grassy area outside the pool. Glass is not permitted on the pool deck.
- Alcohol, drugs, tobacco products and foul language are prohibited.
- **SWIM TESTS** are required for children (under 15) to swim in the deep end. Check-in at the tent to sign up for a swim test during Adult Swim time. Lifeguards may swim test any member that may be seen as a non-swimmer. Swimmers will be tested on their ability to jump in the pool, swim 30 feet on top of the water without stopping, and tread water for 30 seconds. Children who do not pass must stay in the shallow end of the pool and may be required to wear a lifejacket.
- **SLIDE:** Children must either have passed the swim test, or be at a height where they can stand flat-footed in the 4'6" with their head fully above water in order to not need a swim test. Children using the slide should go down feet-first and on their backs only. The slide closed one hour prior to pool closing.
- **POOL GATE:** Pool gate hours are subject to change based on weather. Pool gate staff are unable to accept payment for guest passes. Guests may visit the Member Services desk inside the YMCA to purchase a pass.
- **SEVERE WEATHER & POOL CLOSURES:** Pool hours are subject to change based on weather. The entire pool area must remain closed and locked until 30 minutes after the last sighting of severe lightning in the direct vicinity. The pool will also close during a Tornado Warning.

HOLIDAY HOURS (special schedule)

Memorial Day–Mon 5/27—YMCA open 7am–6pm
 Independence Day–Thu 7/4—YMCA open 7am–5pm
 Labor Day–Mon 9/2—YMCA open 7am–6pm

QUESTIONS? See any Aquatics Staff Member or contact Mikail Al-Malik at malmalik@indymca.org

**COMMUNITY BLOCK
 PARTY & SPORTS
 FAMILY TAILGATE**
 Sat. 8/3, 10am–3pm
 Music, games, fun, food

Bring your pooch to the pool for **DOGGIE DIP** on Wed. 9/4, 6:30–8:30pm, Sat. 9/7, 10am–Noon
 \$10/pup; \$15/both days
 (human companions free!)

Schedule is subject to change without notice

  @FishersYMCA