



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

## SOUTH BOSTON/HALIFAX COUNTY YMCA

DECEMBER 2017-FEBRUARY 2018

Updated 11/10/17  
Schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LAP POOL</b>	<b>Open &amp; Lap Swim</b> 6:00-8:30am ALL lanes available	<b>Open &amp; Lap Swim</b> 7:00-10:30am ALL lanes available	<b>Open &amp; Lap Swim</b> 6:00-8:30am ALL lanes available	<b>Open &amp; Lap Swim</b> 7:00-10:30am ALL lanes available	<b>Open &amp; Lap Swim</b> 6:00-8:30am ALL lanes available		
	<b>Water Fitness</b> 8:30-10:30am 3-6 lap lanes used		<b>Water Fitness</b> 8:30-10:30am 3-6 lap lanes used		<b>Water Fitness</b> 8:30-10:30am 3-6 lap lanes used	<b>Open &amp; Lap Swim</b> 9:00-11:00am 5 lanes available	
		<b>Learn To Swim</b> TBA		<b>Learn To Swim</b> TBA		<b>Swim Lessons</b> 9:00-11:45am 1 lap lane used	
	<b>Open &amp; Lap Swim</b> 10:30-1:00pm ALL lanes available	<b>Lap Swim</b> 11:30-1:30pm ALL lanes available	<b>Open &amp; Lap Swim</b> 10:30-1:00pm ALL lanes available	<b>Lap Swim</b> 11:30-1:30pm ALL lanes available	<b>Open &amp; Lap Swim</b> 10:30-1:00pm ALL lanes available	<b>Open &amp; Lap Swim</b> 11:00-2:00pm ALL lanes available	
	<b>POOL CLOSED</b> 1:00-4:00PM	<b>POOL CLOSED</b> 1:30-4:00PM	<b>POOL CLOSED</b> 1:00-4:00PM	<b>POOL CLOSED</b> 1:30-4:00PM	<b>POOL CLOSED</b> 1:00-4:00PM		<b>Open &amp; Lap Swim</b> 1:30-4:00pm ALL lanes available
	<b>HCHS Swim Team</b> 4:00-5:00pm 6 lanes used	<b>HCHS Swim Team</b> 4:00-5:00pm 6 lanes used	<b>HCHS Swim Team</b> 4:00-5:00pm 6 lanes used	<b>HCHS Swim Team</b> 4:00-5:00pm 6 lanes used	<b>HCHS Swim Team</b> 4:00-5:00pm 6 lanes used		
	<b>Sea Serpent Swim Team</b> 5:00-7:00pm 6 lanes used	<b>Open &amp; Lap Swim</b> 5:00-7:00pm 2 lap lanes available	<b>Sea Serpent Swim Team</b> 5:00-7:00pm 6 lanes used	<b>Open &amp; Lap Swim</b> 5:00-7:00pm ALL lanes available	<b>Open &amp; Lap Swim</b> 5:00-6:00pm ALL lanes available		
		<b>Sea Serpent Swim Team</b> 7:00-8:00pm 6 lanes used			<b>Sea Serpent Swim Team</b> 5:00-6:30pm 6 lanes used		
	<b>Open Swim</b> 7:00-8:00pm ALL lanes available	<b>Open &amp; Lap Swim</b> 7:00-8:00pm 2 lanes available	<b>Open &amp; Lap Swim</b> 7:00-8:00pm ALL lanes available	<b>Open &amp; Lap Swim</b> 7:30-8:00pm ALL lanes available			



Schedule is subject to change for special events.

## DESCRIPTIONS

**WATER FITNESS-** This class is designed for all fitness levels and has minimal impact on the joints. Instructors incorporate a variety of muscular, endurance and flexibility training in held in shallow water.

**DEEP WATER EXERCISE-** In addition to the cardiovascular portion of this class performed in deep water, strength and flexibility exercises using resistance equipment may be incorporated.

**SEA SERPENT SWIM TEAM** – South Boston/Halifax County YMCA Swim Team

**HCHS SWIM TEAM**– Halifax County High School Swim Team

-At least one lap lane will be available for lap swim during other scheduled activities.

# AQUATICS RULES AND GUIDELINES

Your safety is our utmost concern, and adherence to the following will help us provide a safe environment for you and your family. See you in the water!

## LAP SWIM GUIDELINES

Lap swim includes water walking, senior swim and therapeutic swim.

At least one lane will be available for lap swim during other scheduled activities. Pool usage may be altered to accommodate need. Lifeguard and other aquatic training will be held as necessary. Look for posted signs describing schedule changes, especially during holidays. Please be courteous to other lap swimmers and let them know you would like to share the lane prior to entering the pool.

## SWIM TEST & YOUTH WATER SAFETY POLICY

All swimmers under the age of 13 are required to pass a swim test before being allowed to be in a YMCA pool area without direct adult supervision, or using either the indoor or outdoor slide. Swimmers may NOT wear goggles while taking the swim test or going down the slides.

**The swim test consists of swimming the length of the pool during which youth are asked to:**

- Jump into the pool, and immediately begin swimming in any stroke without pushing off the wall, and then tread water for 30 seconds.
- Swim in a horizontal position on top of the water using a forward crawl stroke. The swimmer's arms must exit the water with full extension on every stroke, and they must maintain their swim for at least 3/4 of the swim. Pausing is only allowed when the swimmer is rotating or turning to breathe.
- Exit the pool without assistance using either the wall or pool ladder.

## WHISTLE LIST

- **SWIM ONLY WHEN A LIFEGUARD IS ON DUTY.**
  - **PARENTS MUST BE IN THE WATER WITHIN ARM'S REACH OF ALL NON-SWIMMERS, INCLUDING CHILDREN WEARING COAST GUARD APPROVED LIFE JACKETS. CHILDREN UNDER 10 CANNOT BE IN ANY OF THE AQUATIC FACILITIES WITHOUT A PARENT IN THAT SAME AQUATIC FACILITY.**
  - **NO DIVING.**
  - **SWIM DIAPERS MUST BE WORN BY ALL CHILDREN WHO ARE NOT POTTY-TRAINED.**
- ⇒ Running on deck, horseplay, carrying people on shoulders, pushing and dunking are not permitted.
- ⇒ Only Coast Guard approved life jackets (or safety floatation devices) are permitted under direct adult supervision. Arm "floaties" are not permitted. Please see a lifeguard to borrow a life jacket.
- ⇒ No food or beverage is permitted in the AQUATIC CENTER.
- ⇒ Children ages 10-12 may visit the pool on their own if a parent is physically on YMCA premises. Children 13 and over may use the pool on their own.
- ⇒ Swimmers must wear appropriate swim attire. No cutoffs are allowed.
- ⇒ Please change children's clothes and diapers in the appropriate changing areas of the facility, the locker rooms and family changing room.
- ⇒ Fins and snorkels are allowed only in lap lanes.
- ⇒ People with open cuts, blisters and sores are advised to not use the pool.
- ⇒ The lifeguard on duty has the ultimate authority and responsibility for the safe operation of the pool.

**WHEN THE WHISTLE BLOWS, LOOK TO THE LIFEGUARD FOR DIRECTION!**

