FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:30 Lap Swim (4)	**5:30-9:00** Lap Swim (4)	**The Stratford YMCA is closed from Wednesday, August 27-Friday, August 29.** **The facility reopens Saturday, August 30.** **The pool reopens Tuesday, September 2.**				
9:30-12:00 Family Swim (3) Lap Swim (1)	**9:00-10:00** OSG Rental (4)					
12:00-1:00 Adult Swim (3) Lap Swim (1)	**10:00-11:00** Family Swim (3) Lap Swim (1)					
1:00-5:00 Family Swim (3) Lap Swim (1)	**11:00-12:00** Aqua Zumba (3, S) Lap Swim (1)					
5:00-7:00 BSY Swim Team (3) Lap Swim (1)	**12:00-1:00** Adult Swim (3) Lap Swim (1)					
7:00-8:00 Open Swim (3) Lap Swim (1)	**1:00-5:00** Family Swim (3) Lap Swim (1)					
8:00-8:45 Aquamaids (4)	**5:00-7:00** BSY Swim Team (3) Lap Swim (1)					
	7:00-8:45 Open Swim (3) Lap Swim (1)					

Have a splash on your birthday!
Have a pool party at the Stratford YMCA. Just ask!

(#) = Number of Lanes
S = Shallow End Only

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SAFE POOLS HAVE RULES

Swimming Area Use Restrictions

1. Youth under 12 years of age must have a supervising adult with them in the pool area.
2. All youth and individuals of concern may have their swim ability evaluated.
3. Deep water proficient (pass swim test) swimmers may access all parts of the pool.
4. All deep water proficient swimmers will wear swim-ability identification.
5. Patrons who either do not pass or decline the swim test are considered non-swimmers.
6. Non-swimmers who do not meet the armpit-depth guideline are required to wear a US Coast Guard approved PFD and require active adult supervision.
    a. Active adult supervision is defined as a guardian within arm's reach of a non-swimmer in the water for every two non-swimmers.
    b. The armpit-depth guideline is defined by the individual's height in relation to the water depth at the deepest section of the zone.
7. Intentionally wearing the wrong color safety ID will result in immediate removal from the pool.

Pool Rules

1. A lifeguard must be on duty in order for the pool to be open to the public.
2. All patrons shall shower with warm water and soap before entering the pool.
3. Any persons known or suspected of having a communicable disease, Family sores, cough, or cold will not be allowed to use the pool.
4. Spitting or nose-blowing in the pool is prohibited.
5. If a person's hair is longer than the neckline, his/her hair must be tied back.
6. Regulation bathing suits are required. T-shirts, jeans, or cutoffs are not allowed.
7. Gum is not allowed in the pool area.
8. Lap lanes are strictly for lap swimming.
9. Swimming aids (arm wings, inflatables, etc.) are not allowed.
10. No disposable diapers. Infants and untrained toddlers must wear swim diapers.
11. Flotation devices are not to be used in water greater than 5 feet deep unless accompanied by a staff member.
12. No breath-holding.
13. The diving blocks are not for public use.
14. A 1:25 lifeguard to swimmer ratio is strictly enforced. The ratio may be lessened if the skill level of the swimmers warrants it.
15. No food or drink, with the exception of water, allowed on the pool deck.
16. Glass is not allowed in the pool area.