



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00 Lap Swim (4)	5:30-9:00 Lap Swim (4)	5:30-9:00 Lap Swim (4)	5:30-9:00 Lap Swim (4)	5:30-9:00 Lap Swim (4)	7:30-8:30 Lap Swim (4)	10:00-11:30 Lap Swim (3) Private Lessons (1)
9:00-10:00 Aquacise (3) Lap (1) (deep end open)	9:00-10:30 OSG Rental (4)	9:00-10:00 Aquacise (3) Lap (1) (deep end open)	9:00-10:00 OSG Rental (4)	9:00-10:00 Aquacise (3) Lap (1) (deep end open)	8:30-12:00 Lessons (4)	11:30-3:45* Open Swim (3) Lap Swim (1)
10:00-10:30 Open Swim (3) Lap Swim (1)	10:30-12:00 Open Swim (3) Lap Swim (1)	10:00-10:30 Open Swim (3) Lap Swim (1)	10:00-12:00 Open Swim (3) Lap Swim (1)	10:00-12:00 YMCA Preschool (1) Lap Swim (3)	12:00-1:00 Adult Swim (3) Lap Swim (1)	
10:30-11:15 SilverSplash® (3) Lap Swim (1)	12:00-1:00 Adult Swim (3) Lap Swim (1)	10:30-11:15 SilverSplash® (3) Lap Swim (1)	12:00-1:00 Adult Swim (3) Lap Swim (1)	12:00-1:00 Adult Swim (3) Lap Swim (1)	1:00-5:00* Open Swim (3) Lap Swim (1)	
11:15-1:00 Adult Swim (3) Lap Swim (1)	1:00-5:00 Open Swim (3) Lap Swim (1)	11:15-1:00 Adult Swim (3) Lap Swim (1)	1:00-2:30 Open Swim (2) Lap Swim (2)	1:00-1:30 YMCA Kindergarten & Water Volleyball (4)	*Call ahead for time	*the last Sunday of each month, the pool will close at 3:00 for the lifeguard's monthly in-service training.
1:00-3:00 Water Volleyball (4) (deep end open)	5:00-6:30 BSY Swim Team (3) Lessons (1)	1:00-3:00 Water Volleyball (4) (deep end open)	2:30-4:15 Open Swim (3) Lap Swim (1)	1:00-3:00 Water Volleyball (4) (deep end open)	ENDLESS POSSIBILITIES Stratford YMCA Pool Parties. Just ask!	
3:00-5:00 Open Swim (3) Lap Swim (1)	6:30-8:00 BSY Swim Team (3) Lap Swim (1)	3:00-5:00 Open Swim (3) Lap Swim (1)	4:15-5:00 YMCA After School Swim Club (4)	3:00-5:00 Open Swim (3) Lap Swim (1)		
5:00-6:30 BSY Swim Team (3) Lessons (1)	8:00-8:45 Water Aerobics (2) Lap Swim (2)	5:00-6:30 BSY Swim Team (3) Lessons (1)	5:00-6:30 BSY Swim Team (3) Lessons (1)	5:00-8:00 BSY Swim Team (3) Lap Swim (1)		
6:30-8:00 BSY Swim Team (3) Lap Swim (1)		6:30-8:00 BSY Swim Team (3) Lap Swim (1)	6:30-7:30 BSY Swim Team (3) Lap Swim (1)	8:00-8:45 Open Swim (3) Lap Swim (1)		
8:00-8:45 Aquamaid (4)		8:00-8:45 Masters Swimming (3) Lap Swim (1)	7:30-9:00 Under Water Hockey (4)			

STRATFORD YMCA

A branch of the Central Connecticut Coast YMCA
3045 Main Street, Stratford CT 06614
P 203 375 5844 F 203 380 0291 W stratfordymca.org

Effective: 4/16/12



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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, open 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.

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