



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATIC CENTER SCHEDULE

WOODRUFF FAMILY YMCA

Aquatic Center Schedule

SUMMER 2013

Schedule Begins Monday June 24 and is subject to change

Summer Session Lessons begin Monday June 24.

Multiple activities are often scheduled at the Aquatic Center at the same time.

Lap Swimming Tips

Please enter the pool feet first only. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed

Please try to choose a lane with swimmers that most nearly match your speed.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|---|
| 5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS | 5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS | 5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS | 5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS | 5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS | 5:30 – 9:00 AM LAP SWIM/ AQUA WALKERS | 8:00 – 11:00 AM BE ADVISED NO GENERAL OPEN SWIM Infant Aquatics | 9:00 – 4:45 PM LAP SWIM |
| 8:00 – 10:00 AM YMCA SWIM LESSONS Infant Aquatics | 8:00 – 11:00 AM YMCA SWIM LESSONS Infant Aquatics | 8:00 – 10:00 AM YMCA SWIM LESSONS Infant Aquatics | 8:00 – 10:00 AM YMCA SWIM LESSONS Infant Aquatics | 8:00 – 10:00 AM YMCA SWIM LESSONS Infant Aquatics | 8:00 – 10:00 AM YMCA SWIM LESSONS Infant Aquatics | 8:150 – 11:30 AM YMCA SWIM LESSONS | 9:15–1:30 PM YMCA SWIM LESSONS Infant Aquatics |
| 8:00 – 9:00 am AQUA AEROBICS 9:10 – 10:10 am AQUA AEROBICS | 9:00 – 10:00 am AQUACIZE | 8:00 – 9:00 am AQUA AEROBICS 9:10 – 10:10 am H2O Power | 9:00 – 10:00 am AQUACIZE | 8:00 – 9:00 am AQUA AEROBICS 9:10 – 10:10 am AQUA AEROBICS | 8:00 – 9:00 am AQUA AEROBICS 9:10 – 10:10 am AQUA AEROBICS | 9:10–10:10 am H2O POWER DEEP WATER (deep end CLOSED) | 10:30 – 3:00 pm YMCA SWIM LESSONS/ ADAPTED AQUATICS (SPECIAL NEEDS) |
| 9:00 – 11:00 am PHYSICAL THERAPY REHAB. & ASSOC. RENTAL Lane 1 | 9:00 – 10:00 am PHYSICAL THERAPY AQUACISE RENTAL | 9:00 – 11:00 am PHYSICAL THERAPY REHAB. & ASSOC. RENTAL Lane 1 | 9:00 – 10:00 am PHYSICAL THERAPY AQUACISE RENTAL | 9:00 – 10:00 am PHYSICAL THERAPY AQUACISE RENTAL | | 11 am– 7:45pm LAP SWIM & GENERAL OPEN SWIM | 9:00 – 4:45 pm GENERAL OPEN SWIM |
| 9:00AM – 8:00 pm LIMITED LAP LANE AVAILABILITY 10:00 – 8:45 PM LIMITED GENERAL OPEN SWIM | 9:00AM – 8:00 pm LIMITED LAP LANE AVAILABILITY 10:00 – 8:45 PM LIMITED GENERAL OPEN SWIM | 9:00AM – 8:00 pm LIMITED LAP LANE AVAILABILITY 10:00 – 8:45 PM LIMITED GENERAL OPEN SWIM | 9:00AM – 8:00 pm LIMITED LAP LANE AVAILABILITY 10:00 – 8:45 PM LIMITED GENERAL OPEN SWIM | 9:00AM – 8:00 pm LIMITED LAP LANE AVAILABILITY 10:00 – 8:45 PM LIMITED GENERAL OPEN SWIM | 9:00AM – 6:45 pm LIMITED LAP LANE AVAILABILITY 10:00 – 6:45 PM LIMITED GENERAL OPEN SWIM | 7:45 pm CLOSED | 4:45 PM CLOSED |
| SUMMER CAMP 10-3PM Silver Splash 12:30–1:30 pm 1:30–2:30pm OSMC Rental Lanes 5&6 | SUMMER CAMP 10-3PM 2:30 – 4:00 pm PHYSICAL THERAPY of SOUTHERN CT RENTAL | SUMMER CAMP 10-3PM Silver Splash 12:30–1:30pm 1:30–2:30pm OSMC Rental Lanes 5&6 | SUMMER CAMP 10-3PM 2:30 – 4:00pm PHYSICAL THERAPY of SOUTHERN CT RENTAL | SUMMER CAMP 10-3PM 1:30–2:30pm OSMC Rental Lanes 5&6 | SUMMER CAMP 10-3PM 3:30 – 6:30 pm YMCA SWIM LESSONS (Lane 5&6/ Shallow) | | |
| 3:30 – 7:00pm YMCA SWIM LESSONS (Lane 5&6/ Shallow) IA ½ of Lane(6) 3:30–7:00pm | 3:30 – 8:00 pm YMCA SWIM LESSONS (Lane 5&6/ Shallow) IA ½ of Lane(6) 3:30–7:00 pm | 3:30 – 7:00 pm YMCA SWIM LESSONS (Lane 5&6/ Shallow) IA ½ of Lane(6) 3:30–7:00 pm | 3:30 – 8:00 pm YMCA SWIM LESSONS (Lane 5&6/ Shallow) IA ½ of Lane(6) 3:30–7:00 pm | 3:30 – 7:00 pm YMCA SWIM LESSONS (Lane 5&6/ Shallow) IA ½ of Lane(6) 3:30–7:00 pm | 3:30 – 6:30 pm YMCA SWIM LESSONS (Lane 5&6/ Shallow) IA ½ of Lane(6) 3:30–7:00 pm | | |
| LAP SWIM 4:00–8:45 pm (Lanes 1,2,3&4) | LAP SWIM 4:00–8:45 pm (Lanes 1,2,3&4) | LAP SWIM 4:00–8:45 pm (Lanes 1,2,3&4) | LAP SWIM 4:00–8:45 pm (Lanes 1,2,3&4) | LAP SWIM 4:00–8:45 pm (Lanes 1,2,3&4) | LAP SWIM 4:00–6:45 pm (Lanes 1,2,3&4) | | |
| 6:45– 7:45 pm H2O POWER DEEP WATER (deep end CLOSED) | 6:45– 7:45 pm H2O POWER DEEP WATER (deep end CLOSED) | 6:45– 7:45 pm LIQUID CARDIO DEEP WATER (deep end CLOSED) | 6:45– 7:45 pm H2O POWER DEEP WATER (deep end CLOSED) | 6:45 – 7:45 pm H2O POWER DEEP WATER (deep end CLOSED) | | | |
| 7:00 – 8:45 pm LAP SWIM (All Lanes) 8:45 pm CLOSED | 8:45 pm CLOSED | 7:00 – 8:45 pm LAP SWIM (All Lanes) 8:45 pm CLOSED | 8:45 pm CLOSED | 8:45 pm CLOSED | 6:45 pm CLOSED | | |

WOODRUFF FAMILY YMCA

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SAFE POOLS HAVE RULES

General

- Pool area is open only when a lifeguard employed by the Woodruff Family YMCA is on duty.
- Children in the pool area under 12 (twelve) years old, must be accompanied by a parent/guardian.
- Personal flotation devices, if worn, must be approved by the United States Coast Guard.
- A parent/guardian is required to be in the water and within arms reach of any child under 6 years old, or any child wearing a Personal Flotation Device.
- Any child under 6 years old who can pass a 25-yard swim test will be permitted in the water without an adult; however, the adult must be on the pool deck.
- **State Health Codes require all persons to shower before entering pool.**
- State Health Codes prohibit urinating, spitting, blowing nose, band-aids, and any person known or suspect to have a communicable disease in the pool.
- For privacy and sanitary reasons, please refrain from changing children on the pool deck.
- Food and drink (except water in plastic containers) are not allowed in pool area. **NO GLASS**
- Children who are not potty trained must wear a swim diaper and or rubber pants with a bathing suit while swimming or playing in the pools.
- To swim in the deep end all swimmers 6-14 years of age must be able to complete an unassisted, 25-yard non-stop swim and a 30 sec. tread which will be recorded in our log. (Patrons may be asked to complete a swim test at any time.)

Swimming

- Appropriate swimming attire must be worn in the water at all times. Street clothing is strictly prohibited.
(Cotton T-shirts are not allowed in the pool)
- Running, pushing, dunking, and other forms of rough play, will not be tolerated
- Do not swim across lap swim lanes and do not hang on ropes or lane lines.
- Toys are allowed in the water at the discretion of the lifeguard. (Inflatable's are not permitted and noodles are not permitted in the deep end)
- YMCA owned pool equipment is for YMCA staff run programs only.
- Kickboards and pull-buoys are available for lap swimmers only, and are to be used solely in the lap lanes.
- Jumping and diving are not permitted in shallow water.
- Lap lanes must be shared. Circle swimming is required when a lane is occupied by 3 (three) or more swimmers.
(Swimmers 14 years of age and older only)

Splash Pool

- Any child under the age of 6 (six) must be supervised by an adult into the splash pool. This adult must be on the pool deck at all times.
- Running in the splash pool is not allowed.
- Standing on the water jets is not permitted.

All participants are expected to act responsibly; Verbal and/or physical harassment of the staff and/or other persons is prohibited and you will be asked to leave the premises immediately.

Lifeguards are authorized to take appropriate action in order to maintain a safe and enjoyable environment for all.