



FOR YOUTH DEVELOPMENT
FOR HEALTH LIVING
FOR SOCIAL RESPONSIBILITY

HARRIS YMCA INDOOR POOL SCHEDULE – MAY 19-JUNE 15

Zero Entry Pool

| Weekdays | | Weekends | |
|----------|--------|-----------------------------|-------------------------------------|
| 5AM–11AM | Closed | 8AM-12PM (Saturday Only) | Swim Lessons (closed to the public) |
| 11AM-8PM | Open | 12PM – 5:45PM | Closed |

Multi-Purpose Pool

| Weekdays | | Weekends | |
|-----------|---|-----------------------------|-------------------------------------|
| 5AM–8AM | Closed | 8AM-12PM (Saturday Only) | Swim Lessons (closed to the public) |
| 8AM- 11AM | Water Fitness (Reservations Required) 9:00AM (T,Th) | 12PM–5:45PM Closed | |
| 11AM-4PM | Open** | | |
| 4PM–7PM | Swim Lessons (M,W) Swim Team (T,Th) Water Fitness (T, Th) | | |
| 7PM-8PM | Open ** | | |

Lap Pool

| Weekdays | | Weekends | |
|------------|--|-----------------------------|--|
| 5AM–8AM | Lap Swim 6 Lanes | 7AM-12PM (Saturday Only) | Lap Swim 6 Lanes (3 lanes from 11-12) |
| 8AM-6PM | Lap Swim 6 Lanes | 12PM–5:45PM | Lap Swim 6 Lanes |
| 6PM–7PM | Lap Swim 3 Lanes (M,W) Lap Swim 1 Lane (T,Th) Lap Swim 6 Lanes (F) | | |
| 7PM-9:45PM | Open (8:45PM closing on Friday) | | |

**** Please note-Space in the Multipurpose Pool may be limited at times due to aquatic programming or training in that area. The Multipurpose Pool will be closed on Monday, May 26 for Memorial Day.**

ADULT SUPERVISION

- All children under the age of 10 must have active, adult supervision on the pool deck regardless of their swimming ability.
- To swim without a parent, children under the age of 13 must pass a swim test (yellow band or green band).
- Non-swimming children under the age of 13 must have a parent accompany them in the water at all times at arm's reach.
- Non-swimming children age 6 or younger wearing an USCG approved flotation device must have a parent in the pool with them at arm's reach.
- Non-swimming children age 7 or older in an USCG flotation device may not swim deeper than arm-pit depth and must have active supervision from a parent/guardian on the pool deck. In the outdoor main pool, a parent must be in the pool at all times.
- Yellow band swimmers (see testing requirements below) may swim unaccompanied up to arm-pit depth in the indoor pools and may use the indoor slide. A parent must accompany them to swim in the outdoor main pool and must be on deck at all times regardless of the pool they are using or their age.
- Green band swimmers (see testing requirements below) may swim unaccompanied in any part of the pools and do not require adult supervision on the deck from ages 10-12.
- Youth 13 or older may use the pool without adult supervision.

SWIM TESTS

Yellow Band Test-Swimmers must:

- Float on their backs for 5 seconds.
- Float face down for 5 seconds.
- Swim 15 feet, horizontally, on their stomach, without stopping on the wall nor touching the bottom.

Green Band Test-Swimmers must:

- Float on their backs for 5 seconds
- Float face down for 5 seconds
- Swim 25 yards, horizontally, without stopping on the wall nor touching the bottom. If the testing lifeguard does not feel they are a strong swimmer, they will not pass the test.
- Tread water in the deep end for 1 minute. While treading, the swimmer must keep their ears above the surface of the water for the bulk of the test.

SEVERE WEATHER

In the event that lightning or thunder is present in our area, the Y requires immediate closure of all indoor and outdoor pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thunder.