

SWIMMING THROUGH THE SUMMER





August 14 - September 10							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Safe Pools Have Rules
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	Have fun and be safe.
							2. Breath-holding activities are not permitted in YMCA pools. 3. Showers before entering the pool. 4. Proper swimming attire must be worn at all times. 5. Only Coast Guard approved flotation is allowed. 6. Glass containers and food are not permitted on the pool
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	deck.
				4:30pm - 8:45pm Open Swim	8:30am - 9:15am Water Fitness 1pm - 5pm Open Swim	2pm - 5pm Open Swim	 All kids 14 and under must take a swim test. Diving is not permitted. Persons with bandages or open wounds are not permitted in the pool. Walk while on deck. Unsafe behavior will be determined by lifeguards. Obey lifeguards at all times. Their word is final.
28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	Their word is final.
PoolClosed	4:30pm - 7:10pm Open Swim 7:15pm - 8:00pm Water Fitness 8:00pm - 8:45pm Open Swim	Pool Closed	4:30pm - 7:10pm Open Swim 7:15pm - 8:00pm Water Fitness 8:00pm - 8:45pm Open Swim	Pool Closed	8:30am - 9:15am Water Fitness 1pm - 5pm Open Swim	2pm - 5pm Open Swim	Swim Band Test All children 14 & under will be required to take a swim test Red Band Play and practice your swimming skills, wear a life jacket, and stay within arms reach of parent/guardian.
4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	Vallace Band
10am - 11:45am Aqua Boot Camp 11:45am - 2pm Open Swim	4:30pm - 7:10pm Open Swim 7:15pm - 8:00pm Water Fitness 8:00pm - 8:45pm Open Swim	Pool Closed	4:30pm - 7:10pm Open Swim 7:15pm - 8:00pm Water Fitness 8:00pm - 8:45pm Open Swim	Pool Closed	8:30am - 9:15am Water Fitness 1pm - 5pm Open Swim	2pm - 5pm Open Swim	Yellow Band Swim and play in shallow end, no deeper than 5ft. Parent/guardian should remain on pool deck at all times. Green Band

Questions? Contact us at 972-937-9622
One (1) lap lane available during all open swim times

YMCA Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all.