

# Ahwatukee Foothills Family YMCA



Effective June 7, 2010

## Fulton Family Teaching Pool

### YMCA Aquatic Programs

Monday	Tuesday	Wednesday	Thursday	Friday
Swim Lessons (Both Sides) 9:45am - 11:45am	Shallow Water Aerobics (Deep Side) 8:45am - 9:45am	Swim Lessons (Both Sides) 9:45am - 11:45am	Shallow Water Aerobics (Deep Side) 8:45am - 9:45am	
Character Camp (Both Sides) 12:00pm - 2:00pm	Character Camp (Both Sides) 12:00pm - 2:00pm	Character Camp (Both Sides) 12:00pm - 2:00pm	Character Camp (Both Sides) 12:00pm - 2:00pm	
Swim Lessons) (Both Sides) 4:45am - 6:45pm	Swim Lessons) (Both Sides) 9:45am - 11:45am	Swim Lessons) (Both Sides) 4:45am - 6:45pm	Swim Lessons) (Both Sides) 9:45am - 11:45am	
	Swim Lessons) (Both Sides) 4:45am - 6:45pm	<b>NEW! 7:00pm -8:00pm Aqua Zumba w/ Z</b>	Swim Lessons) (Both Sides) 4:45am - 6:45pm	

### Open Family Swim Times

Monday	Tuesday	Wednesday	Thursday	Friday
Open Swim (Both Sides) 5:30am - 9:45am	Open Swim (Shallow Side) 5:30am - 8:30am	Open Swim (Both Sides) 5:30am - 9:45am	Open Swim (Shallow Side) 5:30am - 8:30am	Open Swim (Both Sides) 5:30am - 8:00pm
Open Swim (Both Sides) 12:00pm - 4:45pm	Open Swim (Both Sides) 12:00pm - 4:45pm	Open Swim (Both Sides) 12:00pm - 4:45pm	Open Swim (Both Sides) 12:00pm - 4:45pm	
YMCA Day Camp (Both Sides) 1:00pm - 4:00pm	Open Swim (Both Sides) 6:45pm - 8:00pm	Open Swim (Shallow Side) 6:45pm - 8:00pm	Open Swim (Both Sides) 6:45pm - 8:00pm	
Open Swim (Both Sides) 6:45pm - 8:00pm		<b>Diapers: Non-Disposable Swim Diapers are Required.</b> These diapers must be tight around both the thighs as well as the waist. Products such as Huggies Lil' Swimmers are disposable and not permitted in our pool.		

### Weekend Pool Schedule

Saturday	Sunday	
Open Swim (Both Sides) 7:00am - 5:00pm	Open Swim (Both Sides) 7:30am - 4:30pm	<b>Sunblock:</b> If using sunblock (which is highly recommended). Sunblock works best if on for at least 15 minutes <i>prior to getting wet</i> .
		<b>Parent Supervision:</b> It is very important that each parent watch their own child(ren) at all times. Your constant supervision is the key to prevention of aquatic emergencies.

#### AGES FOR FAMILY POOL USAGE

Children 5 years and under must be supervised by an adult at all times

*Adult must be physically in the water.*

*Within ARMS reach of anyone 3 and under.*

Children 6-8 yrs old must have a parent on the pool deck with them always.

*Adults must be watching their kids at all times.*

Children 9 years and over may use the pool without a parent on deck as long as they have passed the swim test. Parent must be in the YMCA.

*Swim Test: The width of the teaching pool with face in water over-arm stroke.*

Children over the age of 12 that have passed the swim test are permitted in the pool without adult supervision.

#### Pool Rules:

Parents are responsible for supervising their kids.

*Lifeguards should not be distracted by inappropriate behavior issues.*

No Food or Drink permitted on deck.

*(Water bottles are ok and encouraged.)*

All Floatation devices must be Coast Guard Approved

*(No water wings, noodles, kickboards, etc.)*

Electronic devices are not permitted on deck.

*(Cell Phones, ipods, laptops, etc.)*

# Ahwatukee Foothills Family YMCA



## Steele Foundation Lap Pool Schedule

Effective June 7, 2010


### YMCA Aquatic Programs

Monday	Tuesday	Wednesday	Thursday	Friday
YMCA Swim Team (4 lanes) 7:00a - 9:30am	Advanced Swim Club (4 lanes) 5:30am - 6:30am	YMCA Swim Team (4 lanes) 7:00a - 9:30am	Advanced Swim Club (4 lanes) 5:30am - 6:30am	Deep Water Aerobics (3 lanes) 8:45am - 9:45am
Deep Water Aerobics (2 lanes) 8:45am - 9:45am	YMCA Swim Team (4 lanes) 7:00a - 9:30am	Deep Water Aerobics (2 lanes) 8:45am - 9:45am	YMCA Swim Team (4 lanes) 7:00a - 9:30am	Advanced Swim Club (4 lanes) 10:30am - 11:30am
Advanced Swim Club (4 lanes) 9:45am - 10:45am	YMCA Swim Team (4 lanes) 3:00pm - 7:30pm	Advanced Swim Club (4 lanes) 9:45am - 10:45am	YMCA Swim Team (4 lanes) 3:00pm - 7:30pm	

### Open Lap Swim

Monday	Tuesday	Wednesday	Thursday	Friday
Lap Swim (6 lanes) 5:30am - 7:00am	Lap Swim (2 lanes) 5:30am - 6:30am	Lap Swim (6 lanes) 5:30am - 7:00am	Lap Swim (2 lanes) 5:30am - 6:30am	Lap Swim (6 lanes) 5:30am - 8:30am
Lap Swim (2 lanes) 7:00am - 8:30am	Lap Swim (2 lanes) 6:30am - 10:30am	Lap Swim (2 lanes) 7:00am - 8:30am	Lap Swim (2 lanes) 6:30am - 10:30am	Lap Swim (3 lanes) 8:30am - 9:30am
<b>No Lap Swim</b> <b>8:30am - 9:30am</b>	Lap Swim (2 lanes) 10:30am - 11:30am	<b>No Lap Swim</b> <b>8:30am - 9:30am</b>	Lap Swim (2 lanes) 10:30am - 11:30am	Lap Swim (6 lanes) 9:45am - 10:30am
Lap Swim (2 lanes) 9:45am - 10:45am	Lap Swim (6 lanes) 11:30am - 4:00pm	Lap Swim (2 lanes) 9:45am - 10:45am	Lap Swim (6 lanes) 11:30am - 4:00pm	Lap Swim (3 lane) 10:30am - 11:30am
Lap Swim (4 lanes) 10:45am - 8:00pm	Lap Swim (2 lanes) 3:00pm - 8:00pm	Lap Swim (4 lanes) 10:45am - 8:00pm	Lap Swim (2 lanes) 3:00pm - 8:00pm	Lap Swim (6 lanes) 11:30am - 8:00pm
		Lap Swim (2 lanes) 4:00pm - 8:00pm		

### Weekend Pool Schedule

Saturday	Sunday	YMCA Swim Meets
Lap Swim ( 6 lanes ) 7:00am - 5:00pm	Lap Swim ( 6 lanes ) 7:30am - 4:30pm	 <p>The Lap Pool will be closed from 7:00am - 12:00pm for swim meets on: <b>June 12th June 26th</b> <b>July 17th Come Cheer on the</b> <b>Dawgs!</b></p>

**Ages for Lap Pool Usage: All swimmers ages 6 - 14 must be able to pass a swim test of 100 yds (4 lengths) continuously, to use the lap pool unless under YMCA STAFF instruction.**

**Children 5 years of age and under are not permitted in the lap pool at any time, including steps.**

**If you child is under age 9 you may not swim laps while they are in the play pool as they must be supervised at all times.**