



# Southwest Valley Family YMCA

## Winter Pool Schedule by Activity

Schedule effective: January 2012

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### YMCA Pool Activities: Open for Member Use

#### **Olympic Pool Lap Swim (2-3 lanes)**

M, T, Th, F 5:30a-2:30p(LC), 3:00p-8:00p (SC)

Wednesday 7:30a-8:00pm (SC)

Saturday 7:30a-11:30p (LC), 12:00-6:30 (SC)

Sunday 12:00p-4:30p (LC)

#### **Olympic Pool Open Swim**

Mon-Fri 10:00a-8:00p

Saturday 10:00a-6:30p

Sunday 12:00p-4:30p

\* Lane line changes occur between the times of 2:00p-3:00p and 7:30p-8:00p\*

#### **Diving Boards**

Mon-Friday CLOSED

Saturday 12:00p-6:00p

Sunday 12:00p-4:30p

#### **Water Aerobics**

##### Monday-Friday:

Morning 8:30a-9:30a

Morning 9:40a-10:40a (Mon/Wed/Fri)

#### **Recreational Pool Open Swim**

Mon-Friday CLOSED

Saturday CLOSED

Sunday CLOSED

##### Saturday

Morning 10:00-11:00am

### YMCA Aquatics Programs: Open for Program Member Use Only

#### **Learn to Swim Classes**

Monday-Thursday:

Morning 9:00a-11:00a

Evening 4:30p-7:00p (0)

#### **Dive Team—Boards open to participants**

Mon, Thurs 6:30p-8:00p

Sat 12:00-4:00pm

#### **Westside Silver Fins**

##### **U.S. Swimming (age group)**

M, T, Th, F 5:00a-6:30a

Mon-Fri 4:00p-8:00p

Saturday 7:00a-10:00a

Saturday 10:00a-11:30a

#### **Westside Silver Fins**

##### **Master's Swim Team**

Tues/Thurs 5:45a-6:45a

Mon-Fri 12:00p-1:00p

\*The Olympic Pool is heated year round.

The Aquatics Department tries their best to accommodate all individuals utilizing the pool.

The temperature is kept between 82-84 degrees



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## Southwest Valley Family YMCA Valley of the Sun YMCA Pool Rules

### **All Lifeguard decisions are final.**

1. Parent or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of an emergency.
2. Floatation devices must be US Coast Guard (USCG) approved devices, unless swimmer is with a YMCA instructor.
3. Swim equipment may only be used under adult supervision and at lifeguard's discretion.
4. Proper swim attire is required (swim suits only).
5. Infants must wear swim diapers in the pool and pool area.
6. Running and horseplay are prohibited; please walk around the pool area.
7. Do not swim over or hang on lane lines.
8. Diving is not permitted in areas less than 9 feet.
9. Food and beverages in plastic containers are permitted only in designated areas.
10. Glass containers, alcohol, gum and smoking are not permitted in the pool area.
11. Profanity is not allowed.
12. All prolonged, competitive and repetitive breath holding activities are prohibited.
13. Swim testing is required under age 12 years and lifeguards reserve the right to test all others.
14. Age Guidelines and Restrictions:
  - Children must be 14 years and older to utilize the gender specific locker rooms. Children under the age of 14 must utilize family locker rooms or the community bath house located off of the Olympic Pool.
  - Olympic Pool - Youth Non-Swimmers ages 12 years and under must have a parent/guardian in the water within arms' reach of the child, with the exception that the child has taken and passed the swim test.
  - Recreation Pool - Youth Swimmers ages 7 years and under, must have a parent/guardian in the water within arms' reach of the child, with the exception that the child has taken and passed the swim test.
  - Parents MUST be on deck with children 10 and younger AT ALL TIMES

**\*State Health Laws state that every person must shower with soap before entering the pool and no person with open wounds or infectious disease is allowed in the pool or spa.**

**\*Please Wear Sun Protection and Drink Plenty of Water.**

**For more information, please contact Kristina Campbell at 602-212-5139 or @ [kcampbell@vosymca.org](mailto:kcampbell@vosymca.org)**