



Summer2010 Pool Schedule



We build strong kids, strong families, strong communities.

Tempe Family YMCA, 7070 S. Rural Rd., Tempe, AZ, 85283, 480-730-0240

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00 am Lap Swim -6 lanes	5:00-5:30 am Lap Swim -6 lanes 5:30 to 7:30am MASTERS SWIM 1 lap lane open	5:00-8:00 am Lap Swim -6 lanes	5:00-5:30 am Lap Swim -6 lanes 5:30 to 7:30AM Masters SWIM 1 lap lane open	5:00-8:00 am Lap Swim-6 lanes	CLOSED UNTIL 7:00 am	CLOSED UNTIL 7:00 am
8:00-9:00 am Water Aerobics- 3 lanes Lap Swim-2 lanes Swim lessons- 1 lane and area near stairs	8:00-9:00 am Water Aerobics- 3 lanes Lap Swim-2 lanes Swim Lessons- 1 lane and area near stairs	8:00-9:00 am Water Aerobics- 3 lanes Lap-2 lanes Swim Lessons- 1 lane and area near stairs	8:00-9:00 am Water Aerobics- 3 lanes Lap-2 lanes Swim Lessons- 1 lane and area near stairs	8:00-9:00 am Water Aerobics- 3 lanes Lap-3 lanes	8:00-9:00 am Water Aerobics- 3 lanes Lap-1 lane Swim Lessons- 2 lanes and area near stairs	9:00 am-4:00 pm Lap Swim-3 lanes Open Swim- 3 lanes
9:00 -12:00 noon Swim Lessons and Open Swim- 3 lanes Lap Swim-3 lanes	9:00 -12:00 noon Swim Lessons and Open Swim- 3 lanes Lap Swim-3 lanes	9:00 -12:00 noon Swim Lessons and Open Swim- 3 lanes Lap Swim- 3 lanes	9:00 -12:00 noon Swim Lessons and Open Swim- 3 lanes Lap Swim-3 lanes	9:00 -12:00 noon Open Swim – 3 lanes Lap Swim-3 lanes	9:00-12:00 pm Open Swim and Swim Lessons- 4 lanes Lap Swim-2 lanes	
12:00-4:30 pm Lap Swim-3 lanes Open Swim – 3 lanes	12:00-4:30 pm Lap Swim-3 lanes Open Swim – 3 lanes	12:00-4:30 pm Lap Swim-3 lanes Open Swim – 3 lanes	12:00-4:30 pm Lap Swim-3 lanes Open Swim – 3 lanes	12:00-4:30 pm Lap Swim-3 lanes Open Swim – 3 lanes	12:00-6:00pm Lap Swim-3 lanes Open Swim- 3 lanes	
4:30-7:00 p.m. SWIM TEAM/ masters *No Lanes Open*	4:30-6:00 p.m. SWIM TEAM *No Lanes Open*	4:30-7:00 p.m. SWIM TEAM/ Masters *No Lanes Open*	4:30-6:00 p.m. SWIM TEAM *No Lanes Open*	4:30-7:00 p.m. SWIM TEAM/masters *No Lanes Open*		
7:00-8:00 pm Lap Swim-3 lanes Open Swim and Lessons- 3 Lanes	6:00-7:30 pm Lap Swim-3 lanes Open Swim and Lessons- 3 Lanes	7:00-8:00 pm Lap Swim-3 lanes Open Swim and Lessons- 3 Lanes	6:00-7:30 pm LapSwim-3 Lanes Open Swim and Lessons- 3 Lanes	7:00-8:00p.m. Lap Swim-3 lanes Open Swim- 3 lanes		
	7:30-8:00 pm Open Swim - 3 lanes Lap Swim-3 lanes	7:00-8:00 pm Open Swim - 3 lanes Lap Swim- 3 lanes	7:30-8:00 pm Open Swim - 3 lanes Lap Swim-3 lanes		Pool closes At 6:00 pm	Pool closes At 4:00 pm
Pool Closes At 8:00 p.m.	Pool Closes At 8:00 p.m.	Pool Closes At 8:00 p.m.	Pool Closes At 8:00 p.m.	Pool Closes At 8:00 p.m.		

Daily changes without notice are possible.

Lap= Lap Swim (continuous exercise the length of the pool)
 Lessons=Swim Lessons taught by a YMCA Swim Instructor

Open=Free swim for both adults and children



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POOL POLICY

1. Lifeguard Decisions are final.	9. Any persons using lap lanes must be able to swim at least 1 length of pool without rest. Stopping in the middle or blocking lane is not permitted.
2. Walk; don't run.	10. Proper attire is required for pool use. Cutoffs, street clothes, and diapers are prohibited.
3. Pushing and rough play are prohibited.	11. Lotions and oils are not allowed in pool.
4. YMCA pool equipment is for adult lap swim, swim lessons, and water aerobic class use only.	12. Please take a soapy shower and use toilet before entering pool.
5. Alcoholic beverages and smoking is not permitted.	13. Bathers with body infections or open sores may not enter the pool.
6. Food and beverages other than water are not permitted on the pool deck.	14. Diving into the pool is prohibited. Back flips and back dives are not allowed.
7. Children 5 years and younger must be accompanied by an adult in the water. Children ages 6-8 must be supervised by an adult.	15. Profanity will not be tolerated.
8. Let lane markers float freely; please go UNDER lanes when changing lanes.	16. Glass containers, food, gum, and beverages are prohibited in the pool area.
	17. Only Coast Guard approved PFDs or IFDs will be allowed.

SPA POLICY – maximum occupancy = 8 15 minute time limit

1. Children 7 years and younger are not permitted. Children 8-14 years must be accompanied and supervised by an adult.	3. Elderly persons and patrons with health problems must consult a physician before entering spa.
2. Pregnant women are not permitted.	4. Underwater submersion is prohibited.

ADULT LAP SWIM POLICY

LAP SWIM

Lap swim is set aside for individuals wishing to swim for personal fitness. Our policies have been developed to maximize pool use and keep it safe and productive for all swimmers.

1. Lap lanes or lap swim is for swimming lengths of the pool. Stopping or blocking of the lap isn't permitted. Any person not swimming must get out of the water.
2. Circle swimming is the rule. Participant must always swim on the right hand sides of the lanes (just like driving a car).
3. Must be able to swim 1 full length of pool without rest to use lap lanes.