



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

GREATER RIDGECREST BRANCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am to 7:30am	OPEN: 6:00am LAP SWIM 2 Lanes MASTERS TEAM 6:00am - 7:30am 4 Lanes	OPEN: 6:00am LAP SWIM 6 Lanes FAMILY SWIM	OPEN: 6:00am LAP SWIM 6 Lanes FAMILY SWIM	OPEN: 6:00am LAP SWIM 2 Lanes MASTERS TEAM 6:00am - 7:30am 4 Lanes	OPEN: 6:00am LAP SWIM 6 Lanes FAMILY SWIM	<p>CLOSED</p> <p>OPEN: 11:00am</p> <p>SWIM LESSONS 11:30am-1:30pm 1 Lane</p> <p>WATER EXERCISE 12:00pm-1:00pm 2 Lanes</p> <p>LAP SWIM 2 Lanes</p> <p>FAMILY SWIM</p> <p>POOL CLOSURES AT 4:30pm</p>
7:30am to 3:30pm	LAP SWIM 6 Lanes FAMILY SWIM	LAP SWIM 6 Lanes FAMILY SWIM	LAP SWIM 6 Lanes FAMILY SWIM	LAP SWIM 6 Lanes FAMILY SWIM	LAP SWIM 6 Lanes FAMILY SWIM	
3:30pm to 5:00pm	LAP SWIM 2 Lanes SWIM TEAM 4:00pm - 6:00pm 4 Lanes	WATER EXERCISE 4:00pm - 5:00pm 2 Lanes SWIM TEAM 4:00pm - 6:00pm 4 Lanes	LAP SWIM 6 Lanes FAMILY SWIM	WATER EXERCISE 4:00pm - 5:00pm 2 Lanes SWIM TEAM 4:00pm - 6:00pm 4 Lanes	LAP SWIM 2 Lanes CAMP SWIM 3:30pm - 5:00pm SWIM TEAM 4:00pm - 6:00pm 4 Lanes	
5:00pm to 7:30pm	SWIM TEAM 4:00pm - 6:00pm 4 Lanes FAMILY SWIM POOL CLOSURES AT 7:30pm	SWIM TEAM 4:00pm - 6:00pm 4 Lanes SWIM LESSONS 5:00pm - 7:00pm 2 Lanes POOL CLOSURES AT 7:30pm	LAP SWIM 6 Lanes FAMILY SWIM POOL CLOSURES AT 7:30pm	SWIM TEAM 4:00pm - 6:00pm 4 Lanes SWIM LESSONS 5:00pm - 7:00pm 2 Lanes POOL CLOSURES AT 7:30pm	SWIM TEAM 4:00pm - 6:00pm 4 Lanes FAMILY SWIM POOL CLOSURES AT 7:30pm	

SUMMER/FALL WATER TEMPERATURE: Between 82°F - 84°F

FAMILY SWIM — Open shallow area with 0'-depth entry for relaxed swimming, pool games, water walking and stretching. Aquatics staff may reserve a portion of this area for group or private swim lessons at any time. No Family Swim during Swim Lessons, Camp Swim, or Water Exercise Classes.

LAP SWIM — Lap Lane availability not guaranteed after 4:00pm on weekdays (excluding Wednesdays).

SWIM TEAM — NO SLIDE during Swim Team practices. Swim Meets are scheduled throughout the season & may limit Lap & Family Swim availability.

SWIM BANDS — Ages 12 and under are required to complete a swim test and wear a RED, YELLOW, or GREEN swim band AT ALL TIMES. Please see a member of the Aquatics Team for more information.

INCLEMENT WEATHER — Aquatics staff are required to clear the pool area (including deck and locker rooms) during heavy rain, strong winds, or when lightning is detected within 7 miles of our location.



YOUR SAFETY IS OUR PRIORITY

Swim Bands in YMCA Pools

RED LEVEL

SWIM TEST (without flotation assistance)

- Youth who choose not to take a swim test
- Those who are progressing toward the yellow and green band requirements

FAMILY POOL ACCESS (zero-depth entry)

- Play and practice your swimming skills
- Wear a Coast Guard-approved life jacket **AND** stay within arms reach of a supervisor (16+ yrs) while actively practicing swimming skills
- Slide use permitted once green band is achieved

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- Wear a Coast Guard-approved life jacket **AND** stay within arms reach of a supervisor (16+ yrs) while actively practicing swimming skills
- Use of diving board is permitted once green band is achieved

YELLOW LEVEL

SWIM TEST (without flotation assistance)

- Shallow end, swim on front in horizontal position
- Swim half the length of a 25-yard pool
- Jump in feet first and touch bottom of pool. Surface and tread water for at least 30 seconds

FAMILY POOL ACCESS (zero-depth entry)

- Play and practice your swimming skills
- May swim in designated open area
- A supervisor (16+ yrs) remains on pool deck at all times.
- Slide use permitted once green band is achieved

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- Swim and play in shallow end, no deeper than 5 feet
- A supervisor (16+ yrs) remains on pool deck at all times
- Use of diving board is permitted once green band is achieved

GREEN LEVEL

SWIM TEST (without flotation assistance)

- Swim 25 yards with horizontal movement and arms out of the water
- Jump in feet first and touch bottom of pool. Surface and tread water for 1 minute

FAMILY POOL ACCESS (zero-depth entry)

- Play and practice your swimming skills
- May swim anywhere in pool
- A supervisor (16+ yrs) remains on pool deck at all times if child is younger than 12
- May use the slide

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- May swim anywhere in the pool.
- A supervisor (16+ yrs) remains on pool deck at all times if child is younger than 12
- May use the diving board

NOTE: Children age 13 and younger will be tested, and ages 14 and older may be asked to do a swim test, if deemed necessary by aquatics staff.

YMCA OF THE SUNCOAST

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