



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

GREATER RIDGECREST BRANCH — 8/7/23 through 9/2/23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00am to 10:00am</b>	<b>POOL OPENS AT: 6:00am</b>  LAP SWIM  <b>MASTERS TEAM</b> 6:00am - 7:30am Up to 4 Lanes	<b>POOL OPENS AT: 6:00am</b>  LAP SWIM 4 Lanes  OPEN SWIM	<b>POOL OPENS AT: 6:00am</b>  LAP SWIM 4 Lanes  OPEN SWIM	<b>POOL OPENS AT: 6:00am</b>  LAP SWIM  <b>MASTERS TEAM</b> 6:00am - 7:30am Up to 4 Lanes	<b>POOL OPENS AT: 6:00am</b>  LAP SWIM 4 Lanes  OPEN SWIM	<b>CLOSED</b>
<b>10:00am to 12:00pm</b>	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	<b>POOL OPENS AT: 10:30am</b>  LAP SWIM  <b>SWIM LESSONS</b> 10:30am-1:00pm
<b>12:00am to 3:00pm</b>	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM 4 Lanes  OPEN SWIM	LAP SWIM  <b>SWIM LESSONS</b> 10:30am-1:00pm  <b>WATER EXERCISE</b> 12:00pm-1:00pm 3 Lanes  <b>POOL CLOSSES AT 3:00pm</b>
<b>3:00pm to 7:00pm</b>	<b>SWIM LESSONS</b> 4:00pm-6:00pm  <b>KESWICK SWIM TEAM</b> 4:00pm-6:00pm  <b>POOL CLOSSES AT 7:00pm</b>	<b>WATER EXERCISE</b> 4:00pm-5:00pm  <b>KESWICK SWIM TEAM</b> 4:00pm-6:00pm  <b>POOL CLOSSES AT 7:00pm</b>	LAP SWIM  <b>SWIM LESSONS</b> 4:00pm-6:00pm  <b>POOL CLOSSES AT 7:00pm</b>	<b>WATER EXERCISE</b> 4:00pm-5:00pm  <b>KESWICK SWIM TEAM</b> 4:00pm-6:00pm  <b>POOL CLOSSES AT 7:00pm</b>	<b>KESWICK SWIM TEAM</b> 4:00pm-6:00pm  <b>POOL CLOSSES AT 6:00pm</b>	<b>CLOSED</b>

## FALL/WINTER WATER TEMPERATURE: Heated to about 84\*

**OPEN 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 Slide during this time.

**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, Swim Team Practices, or Water Exercise Classes.



**LAP SWIM** — Lap Lanes are available throughout the week. Lessons or classes may occasionally limit lap lane 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.

**SWIM TEAM PRACTICES** — Swim Teams are permitted up to 6 Lanes, with the exception of programming lanes. Lap Lane availability WILL be limited during Swim Team Practice times. No Family Swim during this time.

**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.

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