



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EAST SIDE ACTIVITY POOL

Winter Session 2012  
January 2-February 19, 2012

Schedule subject to change

M-F 5am-10pm  
Sat. 6am-8pm Sun. 7am-6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-7:30 Water Walking	5:00-9:00 Water Walking	5:00-7:30 Water Walking	5:00-5:40 Water Walking	5:00-7:30 Water Walking	<b>Open at 6am</b>	<b>Open at 7am</b>
7:30-8:15 Waterworks		7:30-8:15 Waterworks	5:45-6:30 Waterworks	7:30-8:15 Waterworks		6:00-7:30 Water Walking
8:45-9:30 Gentle Water		8:45-9:30 Gentle Water	6:30-9:15 Water Walking	8:45-9:30 Gentle Water	7:30-8:30 Waterworks	8:00-10:00 Family *Play Equip. only. No slide
9:30-11:45 Swim Lessons	9:00-11:15 Swim Lessons	9:35-11:40 Swim Lessons	9:25-11:35 Family *Play Equip. only. No slide	9:30-11:55 Swim Lessons	8:40-12:00 Swim Lessons	10:00-11:45 Open
11:45-1:00 Water Walking	11:15-1:00 Family *Play Equip. only. No slide	11:45-2:00 Water Walking	11:45-1:45 Water Walking	12:00-1:30 Water Walking		11:45-12:00 Safety Break
1:00-1:30 Clarity Care/ Water Walking		1:30-3:45 Family *Play Equip. only. No slide	2:00-4:45 Open *Play Equip. only. No slide	1:45-3:45 Family *Play Equip. only. No slide	1:30-4:00 Family *Play Equip. only. No slide	12:15-1:45 Family
3:45-8:00 Swim Lessons	2:15-3:45 Family *Play Equip. only. No slide	4:45-7:30 Swim Lessons		3:45-5:30 Swim Lessons	4:00-5:45 Open	1:45-2:00 Safety Break
	3:45-5:30 Swim Lessons		5:40-6:25 Water Works			5:45-6:00 Safety Break
8:00-8:30 Open *Play Equip. only. No slide	5:40-6:25 Waterworks	7:30-8:30 Open *Play Equip. only. No slide	6:30-8:30 Open	6:00-7:00 Family	3:45-4:00 Safety Break	3:45-4:00 Safety Break
	6:30-8:30 Open				7:00-9:00 Open	4:00-5:45 Open
8:30-9:50 Water Walking	8:30-9:50 Water Walking	8:30-9:50 Water Walking	8:30-9:50 Water Walking	9:00-9:50 Water Walking	5:45-6:00 Safety Break	Closed 6pm
					6:00-7:50 Family	
8:30-9:50 Water Walking	8:30-9:50 Water Walking	8:30-9:50 Water Walking	8:30-9:50 Water Walking	9:00-9:50 Water Walking	Closed 8pm	

**Mission Statement:** To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

"Membership for All" helps to ensure that everyone belongs at the YMCA, regardless of income level. For information call 436-9622.

**MEMBERSHIP CARD OR PHOTO ID REQUIRED TO USE ALL YMCA FACILITIES**



FOR YOUTH DEVELOPMENT  
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FOR SOCIAL RESPONSIBILITY

# EAST SIDE LAP POOL

Winter Session 2012  
January 2-February 19, 2012

Schedule subject to change

M-F 5am-10pm  
Sat. 6am-8pm Sun. 7am-6pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-3:30 4 Lane Circle	5:00-3:45 4 Lane Circle	5:00-4:45 4 Lane Circle	5:00-3:45 4 Lane Circle	5:00-9:50 4 Lane Circle	<b>Open at 6am</b>	<b>Open at 7am</b>
					6:00-8:30 4 Lane Circle	7:00-5:50 4 Lane Circle
3:30-8:00 2 Lane Circle 2 Lane Lessons	3:45-5:35 2 Lane Circle 2 Lane Lessons	3:30-4:45 2 Lane Special Olympics 2 Lane Circle	3:45-6:30 2 Lane Circle 2 Lane Lessons	4:00-5:30 2 Lane Special Olympics 2 Lane Circle	8:40-12:00 2 Lane Circle 2 Lane Lessons	Closed 8pm
	5:45-6:00 4 Lane Circle				12:00-7:50 4 Lane Circle	
	6:00-7:00 2 Lane Circle 2 Lane Master Swim					
8:00-9:50 4 Lane Circle	7:00-9:50 4 Lane Circle	7:30-9:50 4 Lane Circle	6:30-9:50 4 Lane Circle	5:30-10:00 4 Lane Circle		Closed 6pm

## SLIDE GUIDELINES & RULES

- Follow the instructions of the attendant.
- Rider must be 48" tall in order to ride the slide.
- Stand single file on the slide platform to wait.
- Only guests wearing swimming suits may ride the slide. Cut-off jeans, swimming suits with buckles, rivets, or any sharp objects will not be permitted to be worn while sliding.
- Pregnant women, guests with heart conditions, guests with neck or back problems, and guests under the influence of alcohol or drugs will not be permitted to ride.
- One rider at a time down the slide, unless a child does not meet the height criteria or needs a flotation device to swim, then an adult must ride down with the child.
- Riders must remain in a feet-first, seated or lying position while riding the slide.
- No standing, kneeling, rotating, or stopping in the slide. Do not run up the slide.
- Keep your hands and feet inside the slide.
- Wait until the landing area is clear before entering the slide.
- After entering the water, immediately use stairs on the right side of the pool to clear the area at the bottom of the slide. Do not block the end of slide or wait for another person.
- No toys are allowed down the slide.
- WARNING: Water depth is 3 feet 6 inches. Non-swimmers are not permitted.
- SLIDE SCHEDULE subject to change due to patron/lifeguard ratio.

## CIRCLE SWIMMING RULES

- Ages 14 and older may swim alone.
- Ages 8-13 MUST be supervised by parent/adult on deck or in water.
- Lap lanes will be shared. Multiple people may need to share a lane at the same time when there are more swimmers than available lanes.

## SAUNA RULES

- Only guests wearing swimming suits or shorts and shirt may enter the sauna. Clothing with buckles or rivets will not be permitted in the sauna.
- Children under the age of 19 are prohibited from using the sauna.
- Elderly persons, pregnant women, persons suffering from heart disease, diabetes, or high or low blood pressure should consult a physician before entering the sauna.
- Long exposure may be hazardous to your health and may result in nausea, dizziness or fainting. Limit use to 15 minutes.
- No street shoes allowed on the pool deck or in the sauna.

### OPEN:

**Ages 8 and older may swim alone. Ages 7 and under must be accompanied by parent/adult in the water.**

### FAMILY:

**Children must be accompanied by parent/adult in water.**

### SAUNA:

**Sauna is co-ed: suit must be worn at all times.**

### WATER WALKING:

**Participants may walk across pool as a form of exercise.**

### TOYS & EQUIPMENT:

**YMCA will provide toys and equipment during Open and Family Swim. Please do not bring items from home.**