

DOWNTOWN YMCA LARGE POOL

Spring 1 Session: February 22 - April 18, 2010

Watch for the Spring Break Week Pool Schedule covering April 5 - 10



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
5:00-9:45 am Circle Open		5:00 - 10:00 am Circle Open		5:00-9:45 am Circle Open		5:00-9:30 am Circle Open		5:00-9:45 am Circle Open		6:00-9:55 am Circle Open		C L O S E D
9:45-10:30 Senior Water Exercise		10:00-1:00 * Circle		9:45-10:30 Senior Water Exercise		9:30-10:30 * Syble Hopp School <i>Mar 4 & 18 and Apr 1 & 15 only</i>		9:45-10:30 Senior Water Exercise		9:55-11:45 Youth & Preschool Lessons Circle 2 Lanes		
10:30-1:00 Circle				10:30-1:00 * Circle		10:30-1:00 * Open Circle		10:30-1:00 * Open Circle		11:45-1:00 Circle		
1:00-3:45 * Circle Open		1:00-5:30 * Open Circle 3 Lanes		1:00-5:45 * Open Circle 3 Lanes		1:00-3:45* Open Circle <small>1:15-2:45 Swim Smart Feb 17 & 24 and Mar 3, 10 & 17</small>		1:00-2:00 Syble Hopp School <i>Mar 19 & 26 and Apr 16 only</i>		1:00-2:00 Family Circle 3 Lanes		
3:45-5:30 Swim Team						3:45-5:30 Swim Team		3:45-5:30 Swim Team		2:00-3:30 Open		
5:30-7:00 Youth & Preschool Lessons Circle 2 Lanes		5:30-6:30 Deep Water Conditioning - 4 Lns Circle 2 Lanes 6:30-7:30 Special Pops <small>(No program Mar 2 & Mar 16)</small>		5:45-6:30 Youth Lessons		5:30-6:30 Deep Water Conditioning - 4 Lns Circle 2 Lanes 6:30-7:30 Swim Team		5:30-6:30 Open Circle		3:30-5:00 \$1.00 Community Swim		
7:00-9:00 Open Circle 3 Lanes		7:30-9:00 Open Circle 3 Lanes		6:30-9:00 Swim Team		7:30-9:00 Open		6:30-9:00 Y Klub				

Membership cards or photo ID are required for members to use all YMCA facilities.

Guests, accompanied by a member, are welcome with a photo ID and the purchase of a day pass.

Downtown YMCA Hours:

Mon-Fri: 5:00am - 9:00pm
Sat: 6:00am - 5:00pm
Sun: Closed

Informed Consent for Program and Recreational Participation

All forms of physical activity involve a risk of injury. By voluntary participation in YMCA programs and activities, you assume and accept any and all risks of injury related to that activity.

The YMCA provides membership and program services to anyone regardless of ability to pay. Financial assistance is made possible through contributions to the Strong Kids campaign. For information, call 436-9622.

*** Pools Closed for Special Events**

Fri, Feb 26	Kids Day Out	2:00-3:45pm
Fri, Mar 12	Kids Day Out	2:00-3:45pm
M-F, Mar 15-19	Kids Days Out	2:00-3:45pm
Mon, Mar 22	Kids Day Out	2:00-3:45pm
T-F, Mar 23-26	Kids Days Out	2:00-3:45pm - 3 Lanes
T-Th, Mar 23-25	Gym Camp	1:00-2:00pm - 3 Lanes
Tues, Mar 23 & 30	Swim Team	3:45-5:30pm
Tues, Mar 23	Lifeguard Training	10-11:30am-3 Lns & 1:30-3:30pm-3 Lns
Wed, Mar 24	Lifeguard Training	10:30am-12n-3 Lns & 1:30-3pm-3 Lns
Thurs, Mar 25	Lifeguard Training	9:30-11am-3 Lns & 1:30-3pm - 3 Lns
Fri, Mar 26	Lifeguard Training	10:30am-12n-3 Lns
Fri, Apr 2	Kids Day Out	2:00-3:45

DOWNTOWN YMCA TRAINING POOL

SPRING 1 SESSION February 22 - April 18, 2010

Please see the reverse side of this sheet for additional pool closings that may affect the Training Pool.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am-7:30am Walk	5:00am-7:30am Walk	5:00am-7:30am Walk	5:00am-7:30am Walk	5:00am-7:30am Walk		
7:30-11:00 Open	7:30-6:00 Open	7:30-11:30 Open	7:30-9:30 Open	7:30-11:30 Open	6:00am-8:30am Walk	C
11:00-11:30 Family			9:30-10:30 Syble Hopp <i>Mar 4 & 18 and Apr 1 & 15 only</i>		8:30-12:00 Preschool Lessons	L
11:30-12:15 Arthritis Program		11:30-12:15 Arthritis Program	10:30-5:30 Open	11:30-12:15 Arthritis Program	12:00-2:00 Family	O
12:15-5:15 Open		12:15-5:30 Open	1:15-2:45 Swim Smart <i>Feb 17, 24 and Mar 3, 10, 17</i>	12:15-1:00 Open	2:00-3:30 Open	S
				1:00-2:00 Syble Hopp <i>Mar 19 & 26 and Apr 16 only</i>	3:30-5:00 \$1 Community Swim	E
				2:00-6:30 Open		D
5:15-7:45 Preschool Lessons	6:00-7:30 Special Pops <i>(No Program Mar 2 & Mar 16)</i>	5:15-6:30 Preschool Lessons	5:30-7:00 Preschool Lessons	6:30-9:00 Family	C L O S E D	
7:45-9:00 Open	7:30-9:00 Open	6:30-9:00 Open	7:00-9:00 Open			

Open Ages 8 and over 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 the water.

Community Swim The general public may swim for \$1.00 per person.
This fee covers only pool activities on Sat. from 3:30-5:00p.m.
Ages 8 and older may swim alone.
Ages 7 and under must be accompanied by parent/adult in the water.

Circle Ages 14 & older may swim alone. Ages 6-14 must be accompanied by parent/adult on the deck or in the water. Lap lanes will be shared-multiple people may use a lane at the same time-when there are more swimmers than available lanes.

Walk Participants may walk across the pool as a form of exercise.

Whirlpool Guidelines Ages 14+ may use. Children under 6 not permitted. Ages 6-13 may be with a parent during Family time.

Please Note: YMCA toys and equipment will be provided during Open and Family times. Please do not bring items from home ! YMCA-purchased cubes are acceptable.

Abierta Los que tienen 8 años o más pueden nadar solos. Los que tienen 7 años o menos necesitan un adulto en el agua con ellos.

Familiar Niños tienen que estar acompañado por un adulto en el agua.

Natación de la comunidad Cualquier persona de la comunidad puede nadar por \$1.00 cada una. Este honorario cubre solamente actividades en los sábados 3:30-5:00p.m. para nadar.

Natación en círculo Los que tienen 14 años o más pueden nadar solos. Los que tienen 6 a 13 años tienen que estar acompañados por un adulto en el agua o al lado de la alberca.

Caminar en el agua Participantes pueden caminar a través de la alberca como una forma de ejercicio.

Remolino Los niños que tienen 14 o más pueden utilizar el remolino en tiempo. Los niños que tienen 6 años o menos no están permitido utilizar el remolino. Los niños que tienen entre 6-13 años pueden utilizar el remolino cuando están acompañado por un padre.

Juguetes y equipo para la alberca ya están en el YMCA. !Por favor no traigan cosas de la casa! Pueden usar los dispositivos de la flotación que compraron en el YMCA.