



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

Effective February 20<sup>th</sup> – March 14<sup>th</sup>

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:30-8:30am	Open/Lap Swim KHS Swim Team 5:30-7:00am	Open/Lap Swim KHS Swim Team 5:30-7:00am	Open/Lap Swim KHS Swim Team 5:30-7:00am	Open/Lap Swim KHS Swim Team 5:30-7:00am	Open/Lap Swim KHS Swim Team 5:30-7:00am	Open/Lap Swim KHS Swim Team 6:30-8:00am	
8:30-9:30am	Aqua-fit Class	Aqua-fit Class	Aqua-fit Class	Aqua-fit Class	Aqua-fit Class	Open/Lap Swim	
9:30am - 4:30pm	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim *CDC swim time 4:00-5:00pm	Open Swim Until 5:30pm	Open Swim ALL day 1-6:30pm
4:30-5:40	Swim Lessons *Lap Swim ONLY	Open/Lap Swim	Swim Lessons *Lap Swim ONLY	Open/Lap Swim	Open/Lap Swim		
5:45-7:00pm	Swim Lessons *Lap Swim ONLY	Open/Lap Swim	Swim Lessons *Lap Swim ONLY	Aqua Zumba 5:45-6:30pm *Lap Swim ONLY	Open/Lap Swim		
7:05-7:55pm	Aqua Zumba *Lap Swim ONLY	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim		
7:45-8:30pm	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim		

Weekday lessons start February 20<sup>th</sup> and go until March 14<sup>th</sup>. Two lap lanes will be available during lesson times. We appreciate your willingness to share lanes if needed.

**\*\*\*The Pool closes at 8:30 M-F and 30 minutes before the building on Saturday, and Sunday.**

**\*\*\*Water Temperature averages 84-85 degrees. Air Temperature averages 85-87 degrees.**

## **Kearney Family YMCA Swimming Pool Rules, Regulations, and Safety Tips**

Here are some tips on keeping your children safe and still giving them the opportunity to make the most out of their swimming experience!

**DO:** Enroll your children in swimming lessons. Make sure they learn how to swim from a trained professional. The Y swimming program will teach them how to be safe in and out of the water.

**DO:** Swim with your children. There is no better way to keep an eye on them! It's going to be hot, so hop in and cool off with your kids!

**DON'T:** Drop your child off if they are under the age of 8. They will not be allowed to swim without you in the water with them.

1. Children **MUST** be 8 years old or older and be able to swim to use the pool without a parent in the water with them.
2. Children are not allowed in water deeper than mid-chest when standing on the bottom of the pool unless:
  - a. They have passed an appropriate swimming testOR
  - b. They are wearing a USCG approved floatation device (NO “water wings” are allowed in the water)OR
  - c. They are within arm’s reach of a responsible adult caregiver (who has no more than 2 such children in his/her charge)OR
  - d. They are actively involved in an approved swimming lesson
3. No running, boisterous or rough play, except supervised water sports, is permitted in the pool, or on the runways, diving blocks, floats, platforms, or in the dressing rooms
4. Spitting or spouting of water, blowing the nose or any other similar activities in the swimming pool is strictly prohibited.
5. Diving is only allowed from the far deep end of the pool. Anyone jumping off of the side of the pool must do so facing forward. No back dives, flips, cartwheels, or pushing is allowed in any area of the pool.
6. Rest breaks may be called at the lifeguard on duties discretion. People under the age of 18 must exit the water during these breaks.
7. Be respectful of those swimming around you.
8. The lifeguard is the authority on the pool deck. Failure to follow the lifeguard’s instructions or disrespectful behavior is adequate grounds for ejection from the YMCA.