

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6:00a All Lap Lanes Open Zero Depth Closed	5:30am-6:00a All Lap Lanes Open Zero Depth Closed	5:30am-6:00a All Lap Lanes Open Zero Depth Closed	5:30am-6:00a All Lap Lanes Open Zero Depth Closed	5:30am-6:00a All Lap Lanes Open Zero Depth Closed		Pool Hours Mon.- Fri. 5:30am-9:45pm Saturday 7:00am-8:00pm Sunday 9:00am-6:00pm
6:00am-9:00am All Lap Lanes Open, Warm Water Pool Open, Zero Depth Closed	6:00am-9:00am All Lap Lanes Open, Warm Water Pool Open, Zero Depth Closed	6:00am-9:00am All Lap Lanes Open, Warm Water Pool Open, Zero Depth Closed	6:00am-9:00am All Lap Lanes Open, Warm Water Pool Open, Zero Depth Closed	6:00am-9:00am All Lap Lanes Open, Warm Water Pool Open, Zero Depth Closed	7:00am-9:00am All Lap Lanes Open Zero Depth Closed	
9:00am-12:00pm 1 Shared Lap Lane Open, Water Aerobics, Zero Depth Open	9:00am-12:00pm 1 Shared Lap Lane Open Water Aerobics Zero Depth Open	9:00am-12:00pm 1 Shared Lap Lane Open Water Aerobics Zero Depth Open	9:00am-12:00pm 1 Shared Lap Lane Open Water Aerobics Zero Depth Open	9:00am-12:00pm 1 Shared Lap Lane Open Water Aerobics Zero Depth Open	8:00am-1:00pm 1 Shared Lap Lane Zero Depth Open	9:00am-1:00pm All Lap Lanes and Zero Depth Open
12:00pm-4:00pm 3 Shared Lap Lanes Open, Swim Lessons, Zero Depth Open	12:00pm-4:00pm 3 Shared Lap Lanes Open, Swim Lessons, Zero Depth Open	12:00pm-5:00pm 3 Shared Lap Lanes Open, Swim Lessons, Zero Depth Open	12:00pm-4:00pm 3 Shared Lap Lanes Open, Swim Lessons, Zero Depth Open	12:00pm-4:00pm 3 Shared Lap Lanes Open, Swim Lessons, Zero Depth Open	1:00pm-6:00pm 2 Shared Lap Lanes Fountains and Slide Open	1:00pm-6:00pm 2 Shared Lap Lanes Fountains and Slide Open
4:00pm-5:00pm 2 Shared Lap Lanes Open FOUNTAINS OPEN	4:00pm-5:00pm 2 Shared Lap Lanes Open SLIDE OPEN	5:00pm-6:00pm 2 Shared Lap Lanes Open FOUNTAINS OPEN	4:00pm-5:00pm 2 Shared Lap Lanes Open SLIDE OPEN	4:00pm-5:00pm 1 Shared Lap Lanes Open FOUNTAINS OPEN	6:00pm-8:00pm Shared Lanes Zero Depth & Slide Open *Community Swim* Non- Members \$7.00	4:00pm-6:00pm Shared Lanes Zero Depth & Slide Open *Community Swim* Non-Members \$7.00
5:00pm-7:00pm 1 Shared Lap Lane, Swim Lessons, Water Aerobics Zero Depth Open	5:00pm-7:00pm 1 Shared Lap Lane, Swim Lessons, Water Aerobics Zero Depth Open	6:00pm-7:00pm 1 Lap Lane, Swim Lessons, Water Aerobics Zero Depth Open	5:00pm-7:00pm 1 Shared Lap Lane, Swim Lessons, Water Aerobics Zero Depth Open	5:00pm-7:00pm 1 Shared Lap Lane, Swim Lessons, Water Aerobics Zero Depth Open		
7:00pm-8:00pm 1 Shared Lap Lane, Family Time SLIDE OPEN	7:00pm-8:00pm 1 Shared Lap Lane, Family Time Fountains OPEN	7:00pm-8:00pm 1 Shared Lap Lane, Family Time SLIDE OPEN	7:00pm-8:00pm 1 Shared Lap Lane, Family Time Fountains OPEN	7:00pm-8:00pm 1 Shared Lap Lane, Family Time SLIDE OPEN	<div style="text-align: center;"> <h3>YMCA</h3> <h2>Swim Lessons</h2>  <h3>Over 150 Years</h3> <h3>Swimming Strong!</h3> </div>	
8:00pm-9:00pm 2 Lap Lanes Open, Zero Depth Open	8:00pm-9:00pm 2 Lap Lanes Open, Zero Depth Open	8:00pm-9:00pm 2 Lap Lanes Open, Zero Depth Open	8:00pm-9:00pm 2 Lap Lanes Open, Zero Depth Open	8:00pm-9:00pm 2 Lap Lanes Open, Zero Depth Open		
9:00pm-9:45pm Adults Only: All Lap Lanes Open	9:00pm-9:45pm Adults Only: All Lap Lanes Open	9:00pm-9:45pm Adults Only: All Lap Lanes Open	9:00pm-9:45pm Adults Only: All Lap Lanes Open	9:00pm-9:45pm Adults Only: All Lap Lanes Open		

Warm

Water Pool Opens at 6:00am Monday through Friday and is open until 9:45pm.

A variety of swim lesson options are available. Please inquire at the front desk or in the Aquatics Office.
Various days and times are available. Please inquire at the desk.

Private and Semi-Private Swim Lessons are available!



YMCA of Metro Detroit Swimming Pool Guidelines.

To ensure the safety of our members and guests, the following rules will be strictly enforced by staff:

- < The Lifeguard is in charge of the pool at ALL times and has final say in all rule interpretations.
- < The YMCA is a family facility, the use of profane language or the disrespect of staff, members or guests will not be tolerated.
- < One short whistle blast from the Lifeguard, all patrons must STOP, LOOK and LISTEN to the guard.
- < Two long whistle blasts from the Lifeguard, all patrons must EXIT the pool IMMEDIATELY.
- < In case of lightning or thunder the pool will close for 30 minutes after the last visible lightning strike/thunder.
- < Breath holding activities are not allowed.
- < Every swimmer must take a soap shower at this facility before entering the pool.
- < Every swimmer must wear a swimsuit that has a lining. Street shoes, undergarments, cutoffs and/or gym shorts are not allowed in the pool or on deck.
- < Running and horse play are prohibited on deck and in the pool.
- < Food or drink is not allowed on deck, except water in plastic containers and in designated areas.
- < Any swimmer under 18 years old must take 1 of the 2 swim tests during recreational swims. Adults may be asked to take a swim test at the lifeguard's discretion

Deep End Test:

1. Deep End Plunge: Swimmers must jump in feet first into deep end and recover to the top
2. Deep End Tread: Swimmers must tread water in the deep end for 1 minute without touching the lane lines, wall or the bottom
3. Swim: Swimmers must swim one length of the pool without stopping

Shallow End Test:

1. Float on back
 2. Recover to stand up without assistance
- < **NOTE:** Swimmers who cannot pass either test or refuse to take either test must use a PFD (Personal Flotation Device). Parents with multiple children may work/play with one child one on one (without a PFD) while the other children must remain within arm's reach and in PFD.
- < Only Coast Guard Approved PFD's are permitted during recreational swims. The use of PFDs items is restricted to the shallow end of the pool.
 - < During recreational swim, swimmers under 8 years old MUST have a parent/guardian in the pool area. Parents must keep any child that did not pass the deep end swim test within arms length at ALL times. All groups/birthday party participants will have to pass the required swim test, and adults/chaperones must be in the water with their group.
 - < Children who are not FULLY toilet trained MUST wear a swim diaper.
 - < For the comfort and safety of our members and guests the Lifeguard may restrict the use of pool toys, instructional equipment and other recreational equipment at any time. Pool toys are to be used only in the shallow end of the pool.
 - < Lap Swimmers must circle swim. Swimmers may swim side by side if both swimmers agree.
 - < Photography allowed only with the prior approval of the Aquatic Supervisor.
 - < If diving is allowed at the facility, diving is allowed only in designated areas.

Slide rules:

1. Riders must be 48" tall to ride the slide and pass deep end swim test.
2. Riders must slide on their back and feet first ONLY.
3. One person at a time.
4. Goggles, Necklaces, PFD's and Swim Shoes are not permitted.