



**POOL SCHEDULE**  
**Fall I & II 2010**  
**Sept 13th - Dec 19th**

\*Indicates a paid class. Please register for all classes, regardless of fee.\*

The lifeguard will take a 10 minute break M/T/W/F at 3:50 & 4:50.

The lifeguard will take a 10 minute break TH at 3:50, 4:50, & 6:50.

Saturday & Sunday the lifeguard will take a break once every 50 minutes at 10 minutes to the top of the hour.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAP SWIM 5:30-9:15	LAP SWIM 5:30-8:30	LAP SWIM 5:30-9:15	LAP SWIM 5:30-8:30	LAP SWIM 5:30-9:15	
						LAP SWIM 7:00-9:50
LAP SWIM 9:00-10:50	WATER FITNESS LVL 2 9:25-10:10	WATER FITNESS LVL 2 8:30-9:15	WATER FITNESS LVL 2 9:25-10:10	*WATER FITNESS LVL 2* 8:30-9:15	WATER FITNESS LVL 2 9:25-10:10	
	*WATER ARTHRITIS* 10:15-11:00	*WATER YOGA* 9:15-9:45	*WATER ARTHRITIS* 10:15-11:00	*WATER YOGA* 9:15-9:45	*WATER ARTHRITIS* 10:15-11:00	*PARENT/CHILD and PARENT PIKE LESSONS 10:00-10:30
	*WATER FITNESS LVL 3* 11:05-11:50	*GYM AND SWIM* 9:45-10:15	*WATER FITNESS LVL 3* 11:05-11:50	*PARENT/CHILD LESSONS* 9:45-10:15	*WATER FITNESS LVL 3* 11:05-11:50	*YOUTH LESSONS* 10:30-11:15
		SILVER SPLASH 10:15-11:00	ADULT SWIM 11:50-1:00	SILVER SPLASH 10:15-11:00	ADULT SWIM 11:50-1:00	*PRESCHOOL LESSONS* 11:15-11:45
OPEN SWIM 11:00-5:45	ADULT SWIM 11:50-2:00	Y'S GUYS 11:00-11:45		Y'S GUYS 11:00-11:45		*MINI-MARLINS* 11:45-12:30
		DEEP WATER FITNESS 11:45-12:30	FCCC SCHOOL 1:00-2:00	DEEP WATER FITNESS 11:45-12:30	GLEN PETERS SCHOOL 1:00-1:45	
	WATER WALK & TALK 2:00-2:50	ADULT SWIM 12:30-3:00	WATER WALK & TALK 2:00-2:50	ADULT SWIM 12:30-3:00	WATER WALK & TALK 2:00-2:50	
	OPEN SWIM 3:00-5:30	OPEN SWIM 3:00-5:30	OPEN SWIM 3:00-5:30		OPEN SWIM 3:00-5:30	OPEN SWIM 12:30-5:45
				OPEN SWIM 3:00-6:45		
	*PRESCHOOL LESSONS* 5:30-6:00	*YOUTH LESSONS* 5:30-6:15	*PRESCHOOL LESSONS* 5:30-6:00		*YOUTH LESSONS* 5:30-6:15	
	*YOUTH LESSONS* 6:00-6:45	*PRESCHOOL LESSONS* 6:15-6:45	*YOUTH LESSONS* 6:00-6:45		*PRESCHOOL LESSONS* 6:15-6:45	
	MARLINS SWIM PRACTICE 6:45-7:45	*MINI-MARLINS* 6:45-7:30	MARLINS SWIM PRACTICE 6:45-7:45	MARLINS SWIM PRACTICE 6:45-7:45	*PARENT/CHILD LESSONS* 6:45-7:15	
	OPEN SWIM 7:45-8:30	*WATER FITNESS LVL 2* 7:45-8:30	OPEN SWIM 7:30-8:30	*WATER FITNESS LVL 2* 7:45-8:30	OPEN SWIM 7:15-8:30	
	ADULT LAP SWIM 8:30-9:45	ADULT LAP SWIM 8:30-9:45	ADULT LAP SWIM 8:30-9:45	ADULT LAP SWIM 8:30-9:45	ADULT LAP SWIM 8:30-9:45	

*Schedule is subject to change without notice.*

**YMCA of Metropolitan 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 the 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 whistle blast from the lifeguard indicates all swimmer must STOP, LOOK, and LISTEN.
- \*Two whistle blasts from the lifeguard indicates all swimmers 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 clap.
- \*Breath holding activities are not permitted.
- \*Every swimmer must take a head-to-toe soap shower before entering the pool.
- \*Running and horse play are prohibited on deck and in the pool.
- \*Only water bottles in plastic containers are allowed on deck.
- \*During recreational swim times, swimmers under 48 inches of height and 18 years of age MUST have a parent/guardian in the pool with them at all times.
- \*Swimmers under the age of 18 years who meet the 48 inch height requirement and wish to swim without a parent/guardian in the pool must complete the shallow water swim test successfully.
  - \***Shallow Water Swim Test:** Float on back for 30 seconds and roll to front. Recover to standing position.
- \*Any swimmer under 18 years of age who meets the 48 inch height requirement wishing to swim in the deep end must complete the deep end tests successfully. Adults may be asked to take a swim test at the lifeguard's discretion
  - \***Deep End Swim Test:** Consecutively swim one length of the pool without touching the bottom, tread water without touching the side for one minute, then jump into the deep end feet first and recover to the surface.
- \*Swimmers who cannot pass either test or refuse to take either test will be required to wear a Coast Guard approved lifejacket. Lifejackets are available for use. Swimmers wearing lifejackets must have a parent/guardian in the water with them at all times and within arm's reach. Parents of multiple children may work/play with one child one-on-one without a lifejacket while the other children remain in lifejackets and within arm's reach.
- \*The use of personal flotation devices other than Coast Guard approved lifejackets is strictly prohibited.
- \*Children who are not fully toilet trained must wear a swim diaper under a bathing suit. Swim diapers are available for purchase at the Courtesy Counter.
- \*The lifeguard is entitled to restrict the use of pool toys, instructional equipment, and other recreational equipment at any time.
- \*Lap swimmers must circle swim when there are more than three swimmers in a lane.
- \*Photography is allowed only with approval from the Manager on Duty.