



We build strong kids, strong families, strong communities.

POOL SCHEDULE
Winter I Session 2010
January 4th - February 21st

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 5:30-8:00	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 YOGA* 8:00-8:30	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 FITNESS LVL 2 8:30-9:15	*WATER ARTHRITIS* 10:15-11:00	*PARENT/CHILD LESSONS* 10:00-10:30
	WATER FITNESS LVL 3 11:05-11:50	*PRESCHOOL LESSONS* 9:45-10:15	*WATER FITNESS LVL 3* 11:05-11:50	*Y'S GUYS* 9:30-10:15	*WATER FITNESS LVL 3* 11:05-11:50	*YOUTH LESSONS* 10:30-11:15
OPEN SWIM† 11:00-3:50	ADULT SWIM 11:50-2:00	OPEN SWIM 10:15-10:45	ADULT SWIM 11:50-2:00	*PARENT/CHILD LESSONS* 10:15-10:45	ADULT SWIM 11:50-1:00	*PRESCHOOL LESSONS* 11:15-11:45
		SILVER SPLASH 10:45-11:30		SILVER SPLASH 10:45-11:30		*PARENT/PIKE LESSONS* 11:45-12:15
	DEEP WATER FITNESS 11:35-12:20	DEEP WATER FITNESS 11:35-12:20		Glen Peters School 1:00-1:45	*MINI-MARLINS* 12:15-1:00	
	WATER WALK & TALK 2:00-2:50	ADULT SWIM 12:20-3:00	WATER WALK & TALK 2:00-2:50	ADULT SWIM 12:20-3:00	WATER WALK & TALK 2:00-2:50	
COMMUNITY SWIM† 4:00-5:45	OPEN SWIM† 3:00-5:30	OPEN SWIM† 3:00-5:30	OPEN SWIM† 3:00-5:30	OPEN SWIM 3:00-6:45	OPEN SWIM† 3:00-5:30	OPEN SWIM† 1:00-5:45
	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 6:45-7:45	*MINI-MARLINS* 6:45-7:30	*MARLINS* 6:45-7:45		*MARLINS* 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 7:45-8:30		*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	

*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; Thursdays, the guard will take one additional break at 5:50.

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

Please notify the Courtesy Counter if pool doors are locked outside of these times.

Schedule is subject to change without notice.

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 whistle blast from the Lifeguard, all patrons must STOP, LOOK and LISTEN to the guard.
- Two 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 head-to-toe 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.
- Running and horse play are prohibited on deck and in the pool.
- Food or drink is not allowed on deck. Only water bottles are allowed in plastic containers.
- During recreational swim times, swimmers under 48 inches tall MUST have a parent/guardian in the pool with them at all times.
- Swimmers under the age of 18 years old who meet the 48 inch height requirement and wish to swim without a parent/guardian in the pool must complete the shallow water test; swimmers must complete the test successfully.
 - **Shallow Water Test:** Float on back for 30 seconds and roll to front then recover to standing position from front.
- Any swimmer under 18 years old who meets the 48 inch height requirement wishing to swim in the deep end must complete the deep end test; swimmers must complete the test successfully. Adults may be asked to take a swim test at the lifeguard's discretion.
 - **Deep end test:** Consecutively swim one length of the pool, tread water without touching the pool sides for one minute, then jump into deep end feet first and recover to the surface.
- Swimmers who cannot pass either test or refuse to take either test must use a Coast Guard approved lifejacket; lifejackets are provided by the YMCA for member use. Swimmers using lifejackets are required to have a parent/guardian with them in the water at all times and within an arm's reach. Parents with multiple children may work/play with one child one-on-one (without a lifejacket) while the other children must 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.
- 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 Coordinator or Manager on Duty.