


**Aquatics Schedule** **May 1—June 5, 2017** **Sherman Lake YMCA**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 5:30 AM-7:30 AM	Lap & Exercise 7:00 AM-8:00 AM	
Water Aerobics 8:00 AM-8:50 AM	Gentle Stretch 8:00 AM-8:45 AM	Water Aerobics 8:00 AM-8:50 AM	Gentle Stretch 8:00 AM-8:45 AM	Water Aerobics 8:00 AM-8:50 AM	Water Aerobics 8:15 AM-9:05 AM	
Lap* & Open Swim  9:00 AM-12:00 PM	Lap Swim 2 Lanes 8:00 AM-9:00 AM  Lap* & Open Swim 9:00 AM-10:00 AM  <i>Reserved for Camp</i> 10:00 AM-12:00 PM	Lap* & Open Swim  9:00 AM-10:00 AM  <i>Reserved for Camp</i> 10:00 AM-12:00 PM	Lap Swim 2 Lanes 8:00 AM-9:00 AM  Lap* & Open Swim 9:00 AM-10:00 AM  <i>Reserved for Camp</i> 10:00 AM-12:00 PM	Lap* & Open Swim  9:00 AM-10:00 AM  <i>Reserved for Camp</i> 10:00 AM-12:00 PM	Lap* & Open Swim  9:30 AM-12:00 PM	Lap & Exercise 11:00 AM-12:00 PM
Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for Camp</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for Camp</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for Camp</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for Camp</i> 1:00 PM-5:00 PM	Lap & Exercise 12:00 PM-1:00 PM  <i>Reserved for Camp</i> 1:00 PM-3:00 PM	Lap*& Exercise 12:00 PM-1:00 PM  Lap & Open Swim 1:00 PM-4:00 PM	Lap & Open Swim  12:00 PM-2:00 PM
Lap* & Open Swim  5:00 PM-7:30 PM	Lap* & Open 5:00 pm - 6:00 PM  Water Aerobics 6:00 PM-6:50 PM  7:00 PM - 7:30 pm	Lap* & Open Swim  5:00 PM-7:30 PM	Lap* & Open 5:00 pm - 6:00 PM  Water Aerobics 6:00 PM-6:50 PM  7:00 PM - 7:30 PM	Lap* & Open Swim  3:00 PM-7:30 PM	 <p><b>FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</b></p>	

Pool Schedule is subject to change without notice; school programs, camping, conferences, and retreat programs may pre-empt the use of the pool. Please call the desk at 269-731-3032 to verify availability. \*One or more lap lanes may be used for swim lessons during Lap & Open Swim times.

# Sherman Lake YMCA

## Aquatics Policies

### PLEASE DO:

- **Shower** before entering the pool.
- **Walk** on the pool deck and in the locker rooms.
- **Wear proper swim attire** at all times. Street clothes (including cotton t-shirts) are not permitted in the pool.
- **Remove your shoes** before entering the pool area.
- Ensure that your infant is wearing a **swim diaper**.
- Keep pool toys and Personal Flotation Devices (PFDs) in the shallow end of the pool, not the lap lanes or deep end.
- Use water fitness equipment only during classes or in lap lanes.
- Check with the lifeguard to ensure that your PFD is *U.S. Coast Guard-approved* – these are the only PFDs allowed in the pool.

### PLEASE DO NOT:

- Swim without a SLYMCA lifeguard present.
- Bring food, gum or beverages in the pool area.
- Use the pool under the influence of alcohol, drugs, or tobacco.
- Practice breath-holding activities, including extended underwater swimming.

### Age Guidelines and Swim Quest Policies

- **Children age 0-6:** Must be within arm's reach of an adult (age 18+) *at all times* – no exceptions. Children age 0-6 *may not* use the AquaClimb or diving board.
- **Children age 7-13:** May take the Swim Quest with a SLYMCA lifeguard. Children who pass the Swim Quest may use the pool without parent/guardian present, **but must be signed in at the pool**. Children ages 7-13 who do NOT pass the Swim Quest must have an adult (age 18+) on the pool deck at all times *who is ready to enter the water*.
- **Children age 14 and up:** May use the pool without taking the Swim Quest, and may participate in water fitness classes.

**Thank you – SLYMCA Aquatics Dept.**