


Aquatics Schedule August 21-September 30, 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	Lap* & Open Swim 9:00 AM-10:00 AM	Lap Swim 2 Lanes 8:00 AM-9:00 AM Lap* & Open Swim 9:00 AM-10:00 AM	Lap* & Open Swim 9:00 AM-10:00 AM	Lap* & Open Swim 9:05 AM-12:00 PM	
	RESERVED for Camp 10:00 AM-12:00PM	RESERVED for Camp 10:00 AM-12:00PM	RESERVED for Camp 10:00 AM-12:00PM	RESERVED for Camp 10:00 AM-12:00PM		Lap & Exercise 11:00 AM-12:00 PM
Lap & Exercise 12:00 PM-1:00 PM	Lap & Exercise 12:00 PM-1:00 PM	Lap & Exercise 12:00 PM-1:00 PM	Lap & Exercise 12:00 PM-1:00 PM	Lap & Exercise 12:00 PM-1:00 PM	Lap* & Exercise 12:00 PM-1:00 PM	Lap & Open Swim
RESERVED for Camp 1:00pm-5:00pm	RESERVED for Camp 1:00pm-5:00pm	RESERVED for Camp 1:00pm-5:00pm	RESERVED for Camp 1:00pm-5:00pm	RESERVED for Camp 1:00pm-3:00pm	Lap & Open Swim 1:00 PM-2:00 PM	12:00 PM-2:00 PM
Lap* & Open Swim 5:00 PM-7:30 PM	Lap* & Open Swim 5:00 PM-6:30 PM Water Aerobics 6:30 PM-7:30 PM	Lap* & Open Swim 5:00 PM-7:30 PM	Lap* & Open Swim 5:00 PM-6:30 PM Water Aerobics 6:30 PM-7:30 PM	Lap* & Open Swim 5:00 PM-7:30 PM	 <p>the YMCA</p> <p>FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</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 the following times: Monday-Thursday 9am-10am and 5pm-7pm; Fridays 9am-10am, 3pm-7pm, and Saturdays 9:30am-12:00pm.**

****Times in black have limited availability. Integrated Education & Camp programs have priority. PLEASE call ahead to verify availability.****

Sherman Lake YMCA

Aquatics Policies

PLEASE DO:

- **Show**er 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.