



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP SWIM

April 29 to May 31

MONDAY & WEDNESDAY

4:00pm to 7:30pm 2 Lanes

TUESDAY, THURSDAY & FRIDAY

CLOSED

SATURDAY

8:30am to 12:00pm 2 Lanes

SUNDAY

CLOSED

*Limited open swim & lap swim during swim lessons & swim team.

OPEN SWIM

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GLENDALE/ PEORIA FAMILY YMCA POOL SCHEDULE

April 29 to May 31

* subject to change

Did you know?

You can now register for membership and programs online. www.valleymca.org

Inclement Weather

The pool will close for inclement weather such as strong winds, heavy rain, nearby thunder or lightning. Please pack your workout shoes daily.

Questions

Please contact Tony Lehn, Sr. Program Director
Anthony.Lehn@vosymca.org or 602.212.6187

WATER FITNESS

Stars in June 2019

MEMORIAL DAY MONDAY MAY 27th

CLOSED

**Did you know that we offer Semi-Private and
Private Swim Lessons...**

SIGN UP TODAY AT OUR WELCOME CENTER!



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GLENDALE/ PEORIA FAMILY YMCA POOL RULES

1. **All Lifeguard decisions are final.**
2. Observe all safety regulations.
3. Parent or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of an emergency.
4. Floatation devices must be US Coast Guard (USCG) approved devices, unless swimmer is with a YMCA instructor.
5. Swim equipment may only be used under adult supervision and at lifeguard's discretion.
6. Proper swim attire is required (swim suits only).
7. Infants must wear swim diapers in the pool and pool area.
8. Running and horseplay are prohibited; please walk around the pool area.
9. Do not swim over or hang on lane lines.
10. Diving is not permitted in areas less than 9 feet.
11. Food and beverages in plastic containers are permitted only in designated areas.
12. Glass containers, alcohol, gum and smoking are not permitted in the pool area.
16. All prolonged, competitive and repetitive breath holding activities are prohibited.
17. Swim testing is required under age 12 years and lifeguards reserve the right to test all others.
18. Age Guidelines and Restrictions:
 - All children 7 years and older must use the gender specific locker rooms.
 - Youth Non-Swimmers ages 12 years and under must have a parent/guardian in the water within arms' reach of the child.
 - Youth Swimmers ages 7 years and under, who have passed a swim test must have a parent/guardian in the water.
 - Youth Swimmers ages 8 and older, who have passed a swim test, are allowed in the water without adult supervision.
19. One short whistle: ATTENTION! One long whistle: EMERGENCY - CLEAR THE Pool

***State Health Laws state that every person must shower with soap before entering the pool and no person with open wounds or infectious disease is allowed in the pool or spa.**

*Please Wear Sun Protection and Drink Plenty of Water.

Caring, Honesty, Respect, Responsibility

SWIM TEST CHART

ARE YOU 12 YEARS OR YOUNGER?



YES



SWIM TEST REQUIRED

DID YOU PASS THE SWIM TEST?



NO

WRISTBAND = RED
Must be within an arm's reach of the parent/trusted adult in the water at all times.

YES



ARE YOU 8 YEARS OR OLDER?

NO

WRISTBAND = GREEN
Parent is required to be present at the pool deck at all times.

YES

WRISTBAND = GREEN
Parent is required to remain within the facility at all times.