



# ROSS FARNSWORTH EAST VALLEY YMCA POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM	<p>Open for private events/ parties ONLY</p> <p>Facility Closes @3pm</p>	POOL OPENS @8am	POOL OPENS @8am	POOL OPENS @8am	POOL OPENS @8am	POOL OPENS @8am	POOL OPENS @9am
9:00AM		Open Swim 8am-1pm	Open Swim 8am-1pm	Open Swim 8am-1pm	Open Swim 8am-1pm	Open Swim 8am-1pm	<p>Open Swim 9am-6pm</p> <p>Lap Swim 1-3 lanes 9am-6pm</p> <p>Swim Lessons 9:00am-12:00pm</p>
10:00AM		Lap Swim 1-3 lanes 8am-1pm	Open Swim 8am-1pm Lap Swim 3 lanes 8am-1pm	Lap Swim 1-3 lanes 8am-1pm	Lap Swim 1-3 lanes 8am-1pm	Lap Swim 1-3 lanes 8am-1pm	
11:00AM		Aquafit w/ Stacy 8:15am-9:00am	<p>Aquafit w/ Stacy 8:15am-9:00am</p>	Aquafit w/ Stacy 8:15am-9:00am	Aqua Yoga w/ Denice 8:15am-9:00am	<p>Aqua Yoga w/ Denice 8:15am-9:00am</p>	
12:00PM		POOL CLOSED 1pm-4pm		POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm		
1PM-4PM		POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	POOL CLOSED 1pm-4pm	
4:00pm		Open Swim 4pm-7pm	Open Swim 4pm-7pm	Open Swim 4pm-7pm	Open Swim 4pm-7pm	Open Swim 4pm-7pm	<p>POOL CLOSED @6 PM</p>
5:00PM		Lap Swim 3 lanes 4pm-7pm	Lap Swim 3 lanes 4pm-7pm	Lap Swim 3 lanes 4pm-7pm	Lap Swim 3 lanes 4pm-7pm	Lap Swim 3 lanes 4pm-7pm	
6:00PM		POOL CLOSED 7 PM	POOL CLOSED 7 PM	POOL CLOSED 7 PM	POOL CLOSED 7 PM	POOL CLOSED 7 PM	
7:00PM		POOL CLOSED 7 PM	POOL CLOSED 7 PM	POOL CLOSED 7 PM	POOL CLOSED 7 PM	POOL CLOSED 7 PM	POOL CLOSED 7 PM

Effective Date: 4/27/2019

For more information, please contact Kylee Austin at 480-649-9622 email at [kylee.austin@vosymca.org](mailto:kylee.austin@vosymca.org)



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## Valley of the Sun 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.
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.
14. No animals, except for service animals.
15. Profanity is not allowed.
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:
  - Youth Non-Swimmers ages 7 years and under must have a parent/guardian in the water within arms' reach of the child.
  - Youth Swimmers ages 12 years and under, must have a parent/guardian in the water within arms' reach of the child.
  - 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.**

For more information, please contact Kylee Austin at 480-649-9622 email at [kylee.austin@vosymca.org](mailto:kylee.austin@vosymca.org)

Ross Farnsworth-East Valley YMCA  
1807 S Sunview  
Mesa, AZ85206

# 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.