



OLYMPIC POOL SCHEDULE

Southwest Valley Family YMCA ● November 5, 2018 - May 26, 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Schedule is subject to change	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00-6:00 AM	Facility Closed						Facility Closed	
6:00-7:00 AM								
7:00-8:00 AM		Lap Swim 2 lanes*	Lap Swim 1 lane*	Lap Swim 2 lanes*	Lap Swim 1 lane*	Lap Swim 2 lanes*		
8:00-9:00 AM		Short Course 5:00a-1:00p	Long Course 5:00a - 1:00p	Short Course 5:00a-1:00p	Long Course 5:00a - 1:00p	Short Course 5:00a-1:00p		
9:00-10:00 AM		***	***	***	***	***	Lap Swim 2 lanes*	
10:00-11:00 AM		Open Swim 10:00a - 1:00p	Open Swim 10:00 - 1:00p	Open Swim 10:00a - 1:00p	Open Swim 10:00a - 1:00p	Open Swim 10:00a - 1:00p	Short Course	
11:00-12:00 PM							7:00a-4:30p ***	
12:00-1:00 PM	Lap Swim/ Open Swim 2 lanes* Short Course 12:00p-3:30p	CLOSED 1:00p - 4:00p						Open Swim 12:00p-4:30p
1:00-2:00 PM								
2:00-3:00 PM								
3:00-4:00 PM								
4:00-5:00 PM	Facility Closed	Lap Swim - 2 lanes*	Lap Swim - 2 lanes*	Lap Swim - 2 lanes*	Lap Swim - 2 lanes*	Lap Swim - 2 lanes*	Facility Closed	
5:00-6:00 PM		Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
6:00-7:00 PM		Short Course 4:00p - 8:00p	Short Course 4:00p - 8:00p	Short Course 4:00p - 8:00p	Short Course 4:00p - 8:00p	Short Course 4:00p - 7:30p		
7:00-8:00 PM								

Updated 10/9/2018

Water Fitness Classes: Please see Front Desk or our website for schedule
Group Learn to Swim Classes - Please see the Front Desk for more information
For YMCA Westside Silver Fins schedule please visit their website at www.wsfins.com

Visit our website for updated pool information and pool closures:
<https://valleymca.org/southwest-valley/>

*Additional lap lanes subject to availability



VALLEY OF THE SUN YMCA POOL RULES

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

1. **All lifeguard decisions are final**
2. Observe all safety regulations.
3. Parents or guardians are responsible for **supervising their children**. Lifeguards are on duty to enforce rules and respond in case of emergency.
4. Flotation devices must be US Coast Guard (USCG) approved devices, unless swimmer is with a YMCA instructor. Pool noodles are not permitted unless being used in a YMCA program supervised by a YMCA instructor.
5. No ball games or Frisbees are to be played with on deck or in the water
6. Swim equipment can only be used under adult supervision and at lifeguard's discretion.
7. Proper swim attire is required (swim suits only).
8. Infants must wear swim diapers when swimming.
9. Running and horseplay are prohibited; please walk around the pool area.
10. Do not swim over or hang on the lane lines.
11. Diving is not permitted in areas less than 9 feet.
12. Food and beverages in plastic containers are permitted only in designated areas.
13. Glass containers, alcohol, gum and smoking are not permitted in the pool area.
14. Keep gate(s) closed – do not prop open.
15. No animals allowed except for service animals.
16. Profanity is not allowed.
17. All prolonged, competitive and repetitive breath holding activities are prohibited.
18. Swim testing is required for 12 years and younger and lifeguards reserve the right to test all others.

Age requirements to swim:

Children 13 years and older may swim independently

All swimmers not having passed a swim test must have an parent/guardian (18 years and older) in the water within arms' reach at all times, and must stay in the shallow areas of the pool

Children 8-12 years old who have passed a swim test may swim independently, but must have an adult/guardian (18 years and older) on pool deck

Children 7 years and younger regardless of passing a swim test or not must have a parent/guardian (18 years and older) in the water within arms' reach at all times

WVSF Swim & Dive Team members 7 years old or younger may swim independently after passing a swim test, but must have a parent/guardian (18 years and older) on pool deck

19. Lifeguard whistles:

Lifeguard whistle = **PAY CAREFUL ATTENTION TO LIFEGUARD INSTRUCTIONS**

***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**

Please Wear Sun Protection and Drink Plenty of Water