

**INDEPENDENT HEALTH FAMILY BRANCH YMCA**  
**MAIN POOL-AQUATIC EXERCISE HOURS**  
 Starting September 29, 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Independent Exercise 7:00-8:45am Lanes 5-6*	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 5:00-9:00am Lane 6	Independent Exercise 7:00-8:00am Lane 6
<b>Aqua Fit</b> 9:00-10:00am Instructor: Jonah Lanes 4-6	<b>Aqua Fit</b> 9:00-10:00am Instructor: Daneen Lanes 3-6	<b>Strength &amp; Stretch</b> 9:00-10:00am Instructor: Daneen Lanes 4-6	<b>Aqua Fit</b> 9:00-10:00am Instructor: Daneen Lanes 3-6	<b>Strength &amp; Stretch</b> 9:00-10:00am Instructor: Daneen Lanes 4-6	<b>Aqua Fit</b> 9:00-10:00am Instructor: Daneen Lanes 3-6	<b>Deep Water Core</b> 8:00-9:00am Rotating Instructors Lane 5-6
<b>Aqua Fit</b> 10:00-11:00am Instructor: Jonah Lanes 4-6	<b>Aqua Fit Low</b> 10:00-11:00am Instructor: Daneen Lanes 3-6	<b>Aqua Fit</b> 10:00-11:00am Instructor: Daneen Lanes 4-6	<b>Aqua Fit Low</b> 10:00-11:00am Instructor: Daneen Lanes 3-6	<b>Aqua Fit</b> 10:00-11:00am Instructor: Daneen Lanes 4-6	<b>Aqua Fit Low</b> 10:00-11:00am Instructor: Daneen Lanes 3-6	Independent Exercise 9:00-10:30am Lanes 5-6*
Independent Exercise 11:00am-5:45pm Lane 5-6*	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 11:00am-12:15pm Lane 6	Independent Exercise 11:00am-12:00pm Lane 6	Independent Exercise 10:30am-12:15pm Lane 6*
	<b>AFAP Arthritis</b> 12:00-12:45pm Instructor: Marguerite Registration Required	<b>Aqua Zumba</b> 12:30-1:20pm Instructor: Sara Lanes 3-6	<b>AFAP Arthritis</b> 12:00-12:45pm Instructor: Erin Registration Required	<b>Aqua Zumba</b> 12:30-1:20pm Instructor: Sara Lanes 3-6	<b>AFAP Arthritis</b> 12:00-12:45pm Instructor: Erin Registration Required	
	<b>Aqua Fit Low</b> 1:00-2:00pm Instructor: Gary Lanes 4-6	<b>Aqua Fit</b> 1:30-2:20pm Instructor: Sara Lanes 3-6	<b>Aqua Fit Low</b> 1:00-2:00pm Instructor: Erin Lanes 4-6	<b>Aqua Fit</b> 1:30-2:20pm Instructor: Sara Lanes 3-6	<b>Aqua Fit Low</b> 1:00-2:00pm Instructor: Gary Lanes 4-6	Independent Exercise 12:15-7:45pm Lanes 5-6*
	Independent Exercise 2:00-6:00pm Lanes 5-6*	Independent Exercise 2:30-6:00pm Lanes 5-6*	Independent Exercise 2:00-6:00pm Lanes 5-6*	Independent Exercise 2:30-6:00pm Lanes 5-6*	Independent Exercise 2:00-6:00pm Lanes 5-6*	
	Independent Exercise 8:00-8:45pm Lanes 5-6*	<b>Aqua Fit</b> 6:00-7:00pm Instructor: Rebecca Lanes 4-6	Independent Exercise 8:00-8:45pm Lanes 5-6*	<b>Deep Water Core</b> 6:00-7:00pm Instructor: Marguerite Lanes 4-6	Independent Exercise 6:00-8:00pm Lanes 6	
	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 7:00-9:45pm Lane 6*	Independent Exercise 9:00-9:45pm Lane 6	Independent Exercise 7:00-9:45pm Lane 6*	Independent Exercise 8:00-8:45pm Lane 5-6*	
					Independent Exercise 9:00-9:45pm Lane 6	

- Independent Exercise, Family Swim, and Swim Lessons share space in the lanes at various times scheduled marked with an \*.
- Schedule is subject to change. Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA

**MAIN POOL-LAP SWIM HOURS**

Starting September 29, 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 7:00-8:45am Lanes 1-5	<b>Lap Swim</b> 5:00-8:45am Lanes 1-5	<b>Lap Swim</b> 5:00-8:45am Lanes 1-5	<b>Lap Swim</b> 5:00-8:45am Lanes 1-5	<b>Lap Swim</b> 5:00-8:45am Lanes 1-5	<b>Lap Swim</b> 5:00-8:45am Lanes 1-5	<b>Lap Swim</b> 7:00-8:00am Lanes 1-5
<b>Lap Swim</b> 9:00-11:00am Lanes 2-3	<b>Lap Swim</b> 9:00-11:00am Lanes 1-2	<b>Lap Swim</b> 9:00-11:00am Lanes 1-3	<b>Lap Swim</b> 9:00-11:00am Lanes 1-2	<b>Lap Swim</b> 9:00-11:00am Lanes 1-3	<b>Lap Swim</b> 9:00-11:00am Lanes 1-2	<b>Lap Swim</b> 8:00-9:00am Lanes 1-3
<b>Lap Swim</b> 11:00am-1:00pm Lanes 2-4	<b>Lap Swim</b> 11:00am-12:00pm Lanes 1-5	<b>Lap Swim</b> 11:00am-12:15pm Lanes 1-5	<b>Lap Swim</b> 11:00am-12:00pm Lanes 1-5	<b>Lap Swim</b> 11:00am-12:15pm Lanes 1-5	<b>Lap Swim</b> 11:00am-12:00pm Lanes 1-5	<b>Lap Swim</b> 9:00am-10:30am Lanes 3-4
	<b>Lap Swim</b> 12:00-4:00pm Lanes 1-4	<b>Lap Swim</b> 12:30-2:30pm Lanes 1-2	<b>Lap Swim</b> 12:00-4:00pm Lanes 1-4	<b>Lap Swim</b> 12:30-2:30pm Lanes 1-2	<b>Lap Swim</b> 12:00-4:00pm Lanes 1-4	
	<b>Lap Swim</b> 4:00-5:15pm Lanes 2-4	<b>Lap Swim</b> 2:30-4:00pm Lanes 1-4	<b>Lap Swim</b> 4:00-5:15pm Lanes 2-4	<b>Lap Swim</b> 2:30-4:00pm Lanes 2-4	<b>Lap Swim</b> 4:00-6:00pm Lanes 2-4	<b>Lap Swim</b> 10:30am-12:15pm Lanes 4-5
	<b>Lap Swim</b> 5:15-6:00pm Lanes 3-4		<b>Lap Swim</b> 5:15-6:00pm Lanes 3-4			
<b>Lap Swim</b> 1:00-5:45pm Lanes 1-4	<b>Lap Swim</b> 6:00-8:00pm Lanes 5-6	<b>Lap Swim</b> 4:00-6:00pm Lanes 2-4	<b>Lap Swim</b> 6:00-8:00pm Lanes 5-6	<b>Lap Swim</b> 4:00-6:00pm Lanes 2-4	<b>Lap Swim</b> 6:00-8:00pm Lanes 4-5	<b>Lap Swim</b> 12:15-2:00pm Lanes 3-4
	<b>Lap Swim</b> 8:00-9:00pm Lanes 2-4	<b>Lap Swim</b> 6:00-7:00pm Lanes 1-3	<b>Lap Swim</b> 8:00-9:00pm Lanes 1-4	<b>Lap Swim</b> 6:00-7:00pm Lanes 1-3	<b>Lap Swim</b> 8:00-9:00pm Lanes 1-4	<b>Lap Swim</b> 2:00-7:45pm Lanes 1-4
	<b>Lap Swim</b> 9:00-9:45pm Lanes 1-5	<b>Lap Swim</b> 7:00-8:30pm Lanes 4-5	<b>Lap Swim</b> 9:00-9:45pm Lanes 1-5	<b>Lap Swim</b> 7:00-8:30pm Lanes 4-5	<b>Lap Swim</b> 9:00-9:45pm Lanes 1-5	
		<b>Lap Swim</b> 8:30-9:00pm Lanes 1-4		<b>Lap Swim</b> 8:30-9:00pm Lanes 1-4		
		<b>Lap Swim</b> 9:00-9:45pm Lanes 1-5		<b>Lap Swim</b> 9:00-9:45pm Lanes 1-5		

- Lap Swim is available for active members, first come first serve.
- Follow Lap Lane Etiquette, split or circle swim.
- Children must be able pass a swim test to swim laps. Children ages 6-11 who pass the deep water test must have an adult present on deck. Children ages 12 and older who pass the deep water swim test receiving a green band may swim independently.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change. Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA  
**MAIN POOL-SWIM INSTRUCTION & FAMILY SWIM HOURS**

Starting September 29, 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Family Swim</b> 7:00-8:45am Lanes 5-6*						<b>Swim Lessons</b> 9:00am-2:00pm Lanes 1-2
<b>Swim Lessons</b> 9:00am-1:30pm Lane 1 *Registration Required						
<b>Family Swim</b> 11:00am-5:30pm Lanes 5-6*	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	<b>Family Swim</b> 2:30-5:45pm Lanes 5-6*	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	<b>Swim Lessons</b> 3:15-4:00pm Lane 1 Registration Required	<b>Family Swim</b> 2:00-5:45pm Lanes 5-6*	10:30am-12:15pm Lane 3 Registration Required  <b>NO FAMILY SWIM</b>
	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 Registration Required		<b>Swim Lessons</b> 4:00-6:00pm Lane 1 *Registration Required	<b>Family Swim</b> 2:30-5:45pm Lanes 5-6*	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 *Registration Required	
	<b>Swim Team Prep</b> 5:15-6:00pm Lane 2 Registration Required	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 Lanes 5-6* Registration Required	<b>Swim Team Prep</b> 5:15-6:00pm Lane 2 *Registration Required	<b>Swim Lessons</b> 4:00-6:00pm Lane 1 Lanes 5-6* Registration Required	<b>Swim Team</b> 6:00-8:00pm Lanes 1-3 *Registration Required	
	<b>Swim Team</b> 6:00-8:00pm Lanes 1-4 Registration Required	<b>Swim Team</b> 7:00-8:30pm Lanes 1-3 Registration Required	<b>Swim Team</b> 6:00-8:00pm Lanes 1-4 Registration Required	<b>Swim Lessons</b> 7:50-8:20pm Lanes 1 Registration Required	<b>Family Swim</b> 8:00-9:00pm Lanes 5-6*	
	<b>Swim Lessons</b> 8:00-9:15pm Lane 1 Registration Required		<b>Family Swim</b> 8:00-9:00pm Lanes 5-6*	<b>Swim Team</b> 7:00-7:45pm Lanes 1-3 7:45-8:30pm Lanes 2-3 Registration Required		
	<b>Family Swim</b> 8:00-9:00pm Lanes 5-6*	<b>Family Swim</b> 8:30-9:00pm Lanes 5-6*		<b>Family Swim</b> 8:30-9:00pm Lanes 5-6*		

- Family Swim is available for active family members, first come first serve.
- Children 5 years of age and under, or non-swimmers under posted height requirement, must have an adult (18 years or older) in the water with them.
- Children ages 6-11 who pass the deep water test must have an adult present on deck. Children ages 12 and older who pass the deep water swim test receiving a green band may swim independently.
- Independent Exercise, Family Swim, Swim Lessons share space in the lanes at various times scheduled marked with an \*.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change. Prohibited use outside pool hours.

INDEPENDENT HEALTH FAMILY BRANCH YMCA

**ZERO DEPTH POOL HOURS**

Starting September 29, 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Family Swim</b> 9:00am-11:45am Limited Sections</p> <p><b>Swim Lessons</b> 9:10-9:40am 9:50-10:20am 10:30-11:00am Registration Required</p>	<p><b>Family Swim</b> 9:00-11:00am Limited Sections</p> <p><b>Swim Lessons</b> 9:00-9:30am 9:40-10:10am 10:20-10:50am Registration Required</p>	<p><b>Independent Water Walking</b> Adults 9:00-10:00am</p>	<p><b>Family Swim</b> 9:00am-4:00pm</p>	<p><b>Independent Water Walking</b> Adults 9:00-10:00am</p>	<p><b>Family Swim</b> 9:00-10:00am</p>	<p><b>Swim Lessons</b> 9:00am-12:00pm Registration Required</p> <p><b>Pool Closed</b></p>
<p><b>Birthday Party</b> 12:00-1:00pm Registration Required</p> <p><b>Pool Closed</b></p>	<p><b>Family Swim</b> 11:00am-4:00pm</p>	<p><b>Family Swim</b> 10:00am-4:00pm</p>		<p><b>Family Swim</b> 10:00am-4:00pm</p>	<p><b>Homeschool Swim Lessons</b> 10:00am-12:00pm Registration Required</p> <p><b>Pool Closed</b></p>	
<p><b>Family Swim</b> 12:15-5:30pm</p>	<p><b>Swim Lessons</b> 4:00-7:00pm Registration Required</p>	<p><b>Swim Lessons</b> 4:00-6:00pm Registration Required</p>	<p><b>Swim Lessons</b> 4:00-6:10pm Registration Required</p>	<p><b>Swim Lessons</b> 4:00-6:10pm Registration Required</p>	<p><b>Family Swim</b> 12:00-8:00pm</p>	<p><b>Family Swim</b> 1:15-7:30pm</p>
	<p><b>Family Swim</b> 4:00-7:00pm Limited Sections</p>	<p><b>Family Swim</b> 4:00-6:00pm Limited Sections</p>	<p><b>Family Swim</b> 4:00-6:10pm Limited Sections</p>	<p><b>Family Swim</b> 4:00-6:10pm Limited Sections</p>		

- Family Swim is available for active family members, first come first serve. Limited sections during swim lessons.
- Children 5 years of age and under, or non-swimmers under posted height requirement, must have an adult (18 years or older) in the water with them.
- Children ages 6-11 who pass the deep water test must have an adult present on deck. Children ages 12 and older who pass the deep water swim test receiving a green band may swim independently.
- Pool is closed for independent use during Saturday Swim Lessons and Birthday Parties.
- Safe Pool Rules available on deck and back of schedule.
- Schedule is subject to change. Prohibited use outside pool hours.

# SAFE POOLS HAVE RULES

- Swimming is permitted only when a YMCA Lifeguard is present on the pool deck.
- Prohibited use outside of pool hours.
- Please adhere to the authority of the YMCA Lifeguards on duty.
- Please circle swim when there are more than two swimmers in a lane.
- Age Requirements of the Pool:
  - Children 5 years of age and under must have an adult (18 years or older) in the water with them.
- NON-SWIMMERS
  - Children who are non-swimmers (unable to pass swim test) and/or under posted height requirement, must have an adult (18 years or older) in the water with them.
- SWIMMERS
  - Children 6-11 years of age must have an adult in the pool area who meet the posted height requirement and passed swim test.
  - Children 12 years of age or older may swim independently who passed swim test.
- Adults must stay in water below chest deep when accompanying a non-swimming child.
- Swimmers must pass a swim test to swim in water that is over chest deep.
- Swim Test Policy:
  - 25yard Swim: Participant must proficiently swim one full length of the pool, no breaks.
  - Treading Water: Participant must tread water successfully for 30 seconds without touching the bottom, no breaks.
  - Jumping: Participant must jump into water deep enough to fully submerge body and swim back to surface.
- There is no specific depth requirement.
- Underwater breath-holding competition is strictly forbidden.
- Swimmers may not hang, sit, climb, or lay on the lane lines, dividing ropes, handrails, or ladders.
- Children who are not toilet trained must wear a swim diaper.
- Patrons that have open sores or who are carriers of any communicable disease are not allowed to use the aquatic facilities.
- Pollution of swimming pools prohibited. Urinating, defecating, spitting, or blowing your nose in the pool is not allowed.
- Gum, food, and glass are prohibited in the pool area.
- ONLY Coast Guard approved Personal Floatation Devices may be used.
- Use of the starting block is prohibited except during swimming competitive swimming or swimmer-training activities.
- Diving is only permitted in the deep water, during swim lessons under the supervision of a qualified YMCA Swim Instructor, or in designated areas or the Lap Pool.
- No diving is allowed in shallow water or in the Zero Depth Entry Pool.
- Emergency telephones are located on the pool deck by the main pool entrance and in the Aquatics Directors Office.