

INDEPENDENT HEALTH FAMILY BRANCH YMCA
MAIN POOL-AQUATIC EXERCISE HOURS
 Starting January 5, 2025



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
Aqua Fit 9:00-10:00am Instructor: Jonah Lanes 4-6	Independent Exercise 9:00-11:00am Lanes 4-6	Strength & Stretch 9:00-10:00am Instructor: Beth Lanes 4-6	Independent Exercise 9:00-11:00am Lanes 4-6	Strength & Stretch 9:00-10:00am Instructor: Beth Lanes 4-6	Independent Exercise 9:00-11:00am Lanes 4-6	Deep Water Core 8:00-9:00am Rotating Instructors Lane 5-6
Aqua Fit 10:00-11:00am Instructor: Jonah Lanes 4-6		Aqua Fit 10:00-11:00am Instructor: Beth Lanes 4-6		Aqua Fit 10:00-11:00am Instructor: Beth Lanes 4-6		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*
	AFAP Arthritis 12:00-12:45pm Instructor: Erin Registration Required	Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6	AFAP Arthritis 12:00-12:45pm Instructor: Erin Registration Required	Aqua Zumba 12:30-1:20pm Instructor: Sara Lanes 3-6	AFAP Arthritis 12:00-12:45pm Instructor: Erin Registration Required	
	Aqua Fit Low 1:00-2:00pm Instructor: Gary Lanes 4-6	Aqua Fit 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 1:00-2:00pm Instructor: Erin Lanes 4-6	Aqua Fit 1:30-2:20pm Instructor: Sara Lanes 3-6	Aqua Fit Low 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*	Aqua Fit 6:00-7:00pm Instructor: Rebecca Lanes 4-6	Independent Exercise 8:00-8:45pm Lanes 5-6*	Deep Water Core 6:00-7:00pm Instructor: Rebecca 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 January 5, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 7:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 5:00-8:45am Lanes 1-5	Lap Swim 7:00-8:00am Lanes 1-5
Lap Swim 9:00-11:00am Lanes 2-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 9:00-11:00am Lanes 1-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 9:00-11:00am Lanes 1-3	Lap Swim 9:00-11:00am Lanes 1-2	Lap Swim 8:00-9:00am Lanes 1-3
Lap Swim 11:00am-1:00pm Lanes 2-4	Lap Swim 11:00am-12:00pm Lanes 1-5	Lap Swim 11:00am-12:15pm Lanes 1-5	Lap Swim 11:00am-12:00pm Lanes 1-5	Lap Swim 11:00am-12:15pm Lanes 1-5	Lap Swim 11:00am-12:00pm Lanes 1-5	Lap Swim 9:00am-10:30am Lanes 3-4
	Lap Swim 12:00-4:00pm Lanes 1-4	Lap Swim 12:30-2:30pm Lanes 1-2	Lap Swim 12:00-4:00pm Lanes 1-4	Lap Swim 12:30-2:30pm Lanes 1-2	Lap Swim 12:00-4:00pm Lanes 1-4	
	Lap Swim 4:00-5:15pm Lanes 2-4	Lap Swim 2:30-4:00pm Lanes 1-4	Lap Swim 4:00-5:15pm Lanes 2-4	Lap Swim 2:30-4:00pm Lanes 2-4	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 10:30am-12:15pm Lanes 4-5
	Lap Swim 5:15-6:00pm Lanes 3-4		Lap Swim 5:15-6:00pm Lanes 3-4			
Lap Swim 1:00-5:45pm Lanes 1-4	Lap Swim 6:00-8:00pm Lanes 5-6	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 6:00-8:00pm Lanes 5-6	Lap Swim 4:00-6:00pm Lanes 2-4	Lap Swim 6:00-8:00pm Lanes 4-5	Lap Swim 12:15-2:00pm Lanes 3-4
	Lap Swim 8:00-9:00pm Lanes 2-4	Lap Swim 6:00-7:00pm Lanes 1-3	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 6:00-7:00pm Lanes 1-3	Lap Swim 8:00-9:00pm Lanes 1-4	Lap Swim 2:00-7:45pm Lanes 1-4
	Lap Swim 9:00-9:45pm Lanes 1-5	Lap Swim 7:00-8:30pm Lanes 4-5	Lap Swim 9:00-9:45pm Lanes 1-5	Lap Swim 7:00-8:30pm Lanes 4-5	Lap Swim 9:00-9:45pm Lanes 1-5	
		Lap Swim 8:30-9:00pm Lanes 1-4		Lap Swim 8:30-9:00pm Lanes 1-4		
		Lap Swim 9:00-9:45pm Lanes 1-5		Lap Swim 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 January 5, 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Swim 7:00-8:45am Lanes 5-6*						Swim Lessons 9:00am-2:00pm Lanes 1-2 10:30am-12:15pm Lane 3 Registration Required NO FAMILY SWIM 9:00am-12:15pm
Swim Lessons 9:00am-1:30pm Lane 1 *Registration Required						
Family Swim 11:00am-5:30pm Lanes 5-6*	Family Swim 2:00-5:45pm Lanes 5-6*	Family Swim 2:30-5:45pm Lanes 5-6*	Family Swim 2:00-5:45pm Lanes 5-6*	Swim Lessons 3:15-4:00pm Lane 1 Registration Required	Family Swim 2:00-5:45pm Lanes 5-6*	
	Swim Lessons 4:00-6:00pm Lane 1 Registration Required		Swim Lessons 4:00-6:00pm Lane 1 *Registration Required	Family Swim 2:30-5:45pm Lanes 5-6*	Swim Lessons 4:00-6:00pm Lane 1 *Registration Required	
	Swim Team Prep 5:15-6:00pm Lane 2 Registration Required	Swim Lessons 4:00-6:00pm Lane 1 Lanes 5-6* Registration Required	Swim Team Prep 5:15-6:00pm Lane 2 *Registration Required	Swim Lessons 4:00-6:00pm Lane 1 Lanes 5-6* Registration Required	Swim Team 6:00-8:00pm Lanes 1-3 *Registration Required	
	Swim Team 6:00-8:00pm Lanes 1-4 Registration Required	Swim Team 7:00-8:30pm Lanes 1-3 Registration Required	Swim Team 6:00-8:00pm Lanes 1-4 Registration Required	Swim Lessons 7:50-8:20pm Lanes 1 Registration Required	Family Swim 8:00-9:00pm Lanes 5-6*	
	Swim Lessons 8:00-9:15pm Lane 1 Registration Required		Family Swim 8:00-9:00pm Lanes 5-6*	Swim Team 7:00-7:45pm Lanes 1-3 7:45-8:30pm Lanes 2-3 Registration Required		
	Family Swim 8:00-9:00pm Lanes 5-6*	Family Swim 8:30-9:00pm Lanes 5-6*		Family Swim 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 January 5, 2025



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