

# ISLANDS FAMILY YMCA APRIL AQUATICS SCHEDULE

YMCA HOURS: MONDAY-THURSDAY 4:30AM-9:30PM / FRIDAY 4:30AM-8PM / SATURDAY 7AM-7PM / SUNDAY 1PM-6PM

CLASS TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05 AM	Water Aerobics Nora 16th & 23rd - Mattie		Water Aerobics Nora 18th - Mattie	Water Aerobics Nora 19th - Mattie	Water Aerobics Nora 20th & 27th- Mattie	
9:00 AM		Water Aerobics Lisa				Water Aerobics Laura
9:15 AM	Deep Water Heather		Deep Water Heather	Deep Water Heather		

All classes are 45-55 minutes unless otherwise noted.

<p><b>POOL HOURS</b></p> <p>The Big Pool will open on Saturday, May 5th!</p> <p><u>Monday -Friday</u> 6:30 AM-10:30 AM</p> <p>4:00 PM-7:00 PM Closed on Wednesday &amp; Friday Evenings.</p> <p><u>Saturdays</u> 8:00 AM - 3:00 PM</p> <p><u>Sundays</u> 1:00 PM - 5:00 PM</p>	<p><u>Aquatic Birthday Parties</u> 2:30pm - 4:00pm on Saturdays &amp; Sundays \$25 Non-Refundable Deposit \$125 Members/\$175 Non-Members</p> <p><u>Swim Lessons</u> Private Lessons (30 minute sessions): Member - \$25 or 5 sessions for \$110 Non-Member - \$35 or 5 sessions for \$150</p> <p>&gt;&gt;Registration is open for our Summer Swim Team!&lt;&lt;</p> <p><u>Swim Clinic</u> Saturday, April 28th 10:30—11:15 AM Freestyle \$5 Members/\$10 Non-Members</p>
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If you are a new class participant please be sure to arrive early & let the instructor know

### ACTIVATE

A free benefit of your membership!  
A personal 6 week program to properly teach you how to use our equipment.  
Pick up a form at our Welcome Center to schedule an appointment and get started with your healthier lifestyle!

### \*\*IMPORTANT DATES\*\*

Ladies Bible Study- Every Thursday from 11:30 AM-12:00 PM  
Red Cross Lifeguard Certification - April 6-8  
IFTA Aqua Certification - Saturday, April 14th/ IFTA Personal Training Certification - Sunday, April 15th  
Tuesday, April 17th - Free Nutrition Workshop - 10:30 AM (Sign up at the Welcome Center)  
CPR Certification - April 18th from 6-9 PM (Sign up at the Welcome Center)  
**BRANCH CLOSED:** Sunday, April 1st  
**NO CLASSES IN AEROBICS ROOM:** Monday morning, April 2nd (classes resume at 5 PM)

YMCA MISSION: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

Entering the pool area when it is not open is prohibited & is considered trespassing.

Lifeguards & staff have the authority to enforce all pool rules.

Patrons who repeatedly violate the rules or reasonable requests of staff will be ejected from the facility.

- Can I wear anything other than a bathing suit in the pool?  
Rash guards or UV blocking shirts are allowed but a swimsuit must be worn underneath. T-shirts, cut-offs, gym shorts and other street clothing is not allowed.
- Can I use noodles, kickboards or water aerobics equipment?  
Water aerobics participants, swim lesson participants & adult lap swimmers may use the equipment. Please ask a lifeguard & they will supply the equipment for you.
- How can we get to the pool?  
The only entrance to the pool is from the double doors in the hallway behind the locker rooms.
- Can we bring toys to the pool?  
Swim toys & balls may be used at the discretion of the supervisor on duty. Inflatable toys, basketballs, footballs, tennis balls, soccer balls, volleyballs, beach balls & water guns are prohibited. Hard toys such as action figures, Barbies and boats are allowed on the spray ground only.
- Can my children wear a floatation device?  
Members may bring COAST GUARD APPROVED PFDs. The YMCA also has lifejackets available. Water wings may not be worn. Inner tubes & inflatable bathing suites are also not permitted.
- Can we wear goggles?  
Goggles are permitted however, face masks and/or snorkels may not be used.
- How big are the pools?  
The small pool is 20 yards & the large pool is 25 yards.
- What is the depth of the pools?  
Both pools have the same depth. They both start at 3'6" and slope down to 6'. A rope is placed in each pool where the depth is approximately 4'6".
- Where can we change clothes?  
The Adult Locker Room is available for those 18 years and older. We also have a restroom near the Welcome Center, a Youth Locker Room (ages 6-17) located inside the Youth Gym and a Family Changing Room located near the Welcome Center.
- Can I leave my child at the pool?  
Children under the age of 10 must be ACTIVELY SUPERVISED by a guardian at all time. Youth 10 years of age and older may be at the pool alone ONLY if they have passed the swim test, and parent must remain on-site. Youth 12 years and older may be at the pool alone without a parent on-site only if they have passed the swim test.
- What are the pool closure policies?  
At the first sight of lightening and/or the first sound of thunder the pool will close for 30 minutes. It will remain closed for 30 minutes after each strike seen or each sound of thunder heard.  
The pool will close if there is heavy rain as the visibility is jeopardized and the lifeguards cannot see the bottom of the pool clearly.  
Lifeguards are in full authority for this call.  
If the pool becomes contaminated with feces, vomit or blood the pool will be vacated immediately and will remain closed for anywhere from 2-24 hours depending on the contaminant.  
The bubble over the small pool will be taken down during high wind or heavy rain.
- What are some behavior policies I should be aware of?  
Distracting pool staff is prohibited. If you have a question please ask a guard under the tent.  
Abusive or profane language, loitering, running, boisterous or rough play, dunking, acrobatics, wrestling, yelling, jumping without caution, snapping towels, spitting water, chewing gum & prolonged breath holding are not permitted.  
Diving is not permitted except during lessons or swim team.
- Can I use the lap lanes?  
Swim lanes are for lap swimming only. Multiple swimmers are allowed in 1 lane at a time. Lap swimmers should arrange themselves by the speed in the lanes and find a similar pace. Like driving, swimmers should stay to the right while swimming in the lane and pass on the left. Children that have passed a swim test may swim laps in the lap lanes, however if they are between the ages of 8-12 a parent must be present in the lap lane.