



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

February 26 - April 13, 2024

Water Fitness Class Times (# of lanes) - Pre-Registration Required - Call front desk to register 2 days before class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:10 am (5) (water aerobics)	8:30-9:10 am (4) (water aerobics)	8:30-9:10 am (5) (water aerobics)	8:30-9:10 am (4) (water aerobics)	8:30-9:10 am (5) (water aerobics)		1:00-1:45pm water aerobics (5)
9:15-9:55 am(5) (water aerobics)	9:15-9:55 am (4) (water aerobics)	9:15-9:55 am (5) (water aerobics)	9:15-9:55 am (4) (water aerobics)	9:15-9:55 am (5) (water aerobics)		
10:00-10:30am(3) (deep water walk)	7:00-8:15pm water aerobics (3)	7:00-8:15pm water aerobics (3)		10:00-10:30am(3) (deep water walk)		
7:00-8:15pm water aerobics (3)						

Lap Swim (# of lanes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-8:20 am (4)	5:45-8:30 am (4)	5:45-8:20 am (4)	5:45-8:30 am (4)	5:45-8:20 am (4)	7:00-8:30 am (4)	9:30-11:00 am (2)
10:00-10:30 am (2)	8:30-10:00am (1)	10:00-3:30 pm (3)	8:30-10:00am (1)	10:00-11:00 am (2)	10:30-11:30am (3)	11:00-1:00pm (3)
10:30-3:30pm (3)	10:00-11:00 am (3)	3:30-5:00 pm (2)	10:00-11:00 (2)	11:00-3:30 pm (3)	11:30-3:45pm (2)	
7:00-8:45 pm (2)	11:00-3:30 pm (3)	7:00-8:45 pm (2)	11:00-3:30pm (3)	3:30-7:45pm (2)		
	7:00-8:00 pm (2)		7:00-8:45 pm (2)			
	8:00-8:45 pm (3)					

Adult Rec Swim (# of lanes) - Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-8:20 am (1)	5:45-8:20 am (1)	5:45-8:20 am (1)	5:45-8:20 am (1)	5:45-8:20 am (1)	7:00-8:30 am (1)	
10:00-10:30 am (3) Shallow end only	11:00-3:30 pm (2)	10:00-12:30 pm (2)	11:00-2:00 pm (2)	10:30-11:00 am (3)		
10:30-12:30 pm (2)	8:00-8:45 pm (3)		7:00-8:45 pm (1)	Deep end only* 11:00-3:30 pm (2)		

Rec Swim (# of lanes) - Children 6 and under MUST have guardian (18+) in the water with them and in arms reach at all times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30-3:30pm (2)	3:30-5:00 pm (2)	12:30-3:30pm (2)	2:00-3:30pm (2)	6:00-7:45 pm (3)	11:30-3:45 pm (3)	11:30-1:00 pm (2)
8:00-8:45 pm (3)		8:00-8:45 pm (3)	3:30-5:00 pm (1)			
			7:00-8:45 pm (2)			

Swim Team (# of lanes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00 pm (4)	5:00-6:00 pm (4)	5:00-6:00 pm (4)	5:00-6:00 pm (4)			
6:00-7:00pm (5)	6:00-7:00pm (5)	6:00-7:00pm (5)	6:00-7:00pm (5)			

Lessons (# of lanes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00-11:30 (2)	10:00-11:00 am (2)	10:00-10:30 am (2)	10:00-11:00 am (3)	10:00-10:30 (3)	8:30-10:30am (5)	9:00am-11:00 (3)
share with adult rec	3:30-5:00 pm (3)	*share with adult rec*	3:30-5:00 pm (4)	*shallow end only	10:30-11:30 (2)	11:00-11:30 (2)
3:30-5:00 pm (5)	5:00-6:00 pm (1)	3:30-5:00 pm (3)	5:00-6:00 pm (1)	10:30-11:00 (3)		
5:00-6:00 pm (1)		5:00-6:00 pm (1)		3:30-6:00pm (3)		

POOL HOURS

Monday- Thursday: 5:45am-8:45pm
 Friday: 5:45am-7:45pm
 Saturday: 7:00am-3:45pm
 Sunday: 9:00am-1:45pm

****Pool schedule is subject to adjust** due to usage & programs. Birthday parties may impact Rec Swim on Saturdays. Schedules are under the direction of the Lifeguard on duty. Please view our rules and policies on the back of this schedule.

POOL RULES

Lifeguard has authority at all times. Lifeguard has authority to alter these rules in order to maximize pool safety at any time. Failure to comply, will result in the Lifeguard having you leave the facility.

1. The pool ratio is no more than 25 swimmers to every one lifeguard on duty. Pool capacity is 154 swimmers.
2. Swimming is not permitted without a YMCA lifeguard on duty.
3. All patrons are required by law to take a cleansing shower prior to entering the pool.
4. We conduct safety drills for safety training, in these events you may be alerted by 2 long whistles to exit the pool promptly for a brief period of time. We strive in creating the safest environment possible.
5. **Children under 6 must be accompanied in the water by an adult (18+) within arm's reach at all times except when being directly supervised by a YMCA staff in a YMCA program.**
6. **Children ages 6 through 12 must pass a swim test without needing a parent bring present in the water with them.**
7. **Children ages 7-10 that are able to pass a swim test require a parent to remain present within in the building at all times.**
8. Children under 18 years of age must pass a swim test conducted by a lifeguard in order to swim in areas of the pool that are deeper than their armpits (middle and/or deep end of pool) and in order to go off the diving board or starting blocks.
 - a) Swim test consist of swimming over arm front crawl with face in water for 25 yards and treading water for 60 seconds. The test must be done at ease and with comfort. Lifeguard has final discretion on passing.
 - b) Swimmers who pass are able to swim in all areas of pool and use diving board if it is open at the time.
 - c) Failure to pass the swim test will result in swimmer being required to stay in shallow area of pool and wear a lifejacket if they are under 62" in height. Height is measured by aquatic staff via a mark on the wall.
 - d) A child who has failed this test may be allowed to swim without a lifejacket if an adult is in the water with them within arms reach at all times while working on improving swim skills; they must remain in the shallow end at all times. This is approved for with a parent child ratio being 1:1.
6. **Children must be a minimum of 12 years old to lap swim.** Exceptions may be made for those on Swim Team, please contact Aquatic Director to inquire.
7. Persons with open wounds/sores or communicable diseases are not permitted to use the pool. Please no band-aids in the water.
8. Proper swim suits must be worn in order to enter the pool. Undergarments, denim, khaki, workout clothes, long sleeve shirts and attire deemed revealing or immodest is not permitted. Patrons may wear short sleeved t-shirts worn over swim suits; however clothing deemed restrictive to normal swim function is not allowed.
9. Individuals who are not potty-trained (or recently so), must wear a disposable swim diaper in order to enter the pool. This is recommended for all children under the age of 3.
10. Floatation devices brought from home must be U.S. Coast Guard approved. We offer you to use our lifejackets at any time. All those using floatation devices must remain in the shallow water. Guardians of children in floatation devices may accompany their children in the middle area of the pool as long as they stay within arms reach. Inflatable swim aids are not permitted. Those using floatation devices are not permitted in the deep end at any times other than with a Danvers YMCA swim instructor.
11. Kickboards, pull buoys, fins, barbells and other swim equipment are only for use by lap swimmers, water exercise, swim classes and swim team. Noodles, balls and other toys are to be used at the discretion of the lifeguard on duty.
12. No diving or jumping in the shallow end. Jumping is allowed in the middle and deep ends of the pool at the discretion of the lifeguard and for those that qualify. Diving is permitted in the deep end only off the sides or the diving board. Dive blocks are only to be used by swim team and lessons and under direct supervision of a coach or swim instructor.
13. Children, 17 years and younger, must pass a swim test in order to use the diving board. Diving board rules include: no moving the wheel, one bounce only, one person on the board at a time, only forward facing jumps/dives allowed. No flips or twists. Please wait until person ahead of you has reached the ladder before taking your turn. **Diving board use is not allowed unless they pass the deep end test.** This is true even if they normally go off during lessons.
14. Basketball hoop is available for use during Family Swim, Rec Swim, Camp Swim and Rentals. Rules include: do not shoot hoop from deck (must remain in water), do not hang on hoop/net, the use of balls and/or hoop in general may be limited by the Lifeguard if the pool becomes crowded or the game become more aggressive in nature.
15. Glass, porcelain, breakable or sharp objects, chewing gum and food is prohibited on deck and locker rooms. Please feel free to enjoy your snacks in the lounge near the front desk.
16. Horseplay, dunking, standing/sitting on shoulders, throwing, and carrying each other it not allowed. We are hands off environment here at the YMCA.
17. YMCA is not responsible for lost, stolen or damaged property. Please leave valuables at home.
18. Photo taking is not allowed during swim lessons. Not all families want their child photographed. Cameras and cell phones are strictly prohibited in locker rooms.
19. Please follow our YMCA core values while at our facility; caring, honesty, respect and responsibility. Failure to abide by these may result in loss of swimming privileges up to and including expulsion from the facility.