

— AUGUST 4-28 —
MILL CREEK FAMILY YMCA

	SHALLOW AREA						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	OPEN SWIM 5:15-7:30 am	OPEN SWIM 5:15-9 am	OPEN SWIM 5:15-7:30 am	OPEN SWIM 5:15-9 am	OPEN SWIM 5:15-7:30 am		
6 am							
7 am							
8 am	WATER FITNESS 7:30-8:15 am		WATER FITNESS 7:30-8:15 am	WATER FITNESS 7:30-8:15 am	OPEN SWIM 7:15-9 am		
9 am	8:15-9 am		8:15-9 am				
10 am	SWIM LESSONS 9 am-Noon	SWIM LESSONS 9 am-Noon	SWIM LESSONS 9 am-Noon	SWIM LESSONS 9 am-Noon	OPEN SWIM 8:15 am-4:15 pm	SWIM LESSONS 9 am-Noon	OPEN SWIM 10:15 am-4:45 pm
11 am							
12 pm							
1 pm	FAMILY SWIM Noon-2 pm	Noon-1:30 pm	FAMILY SWIM Noon-2 pm	Noon-1:30 pm	FAMILY SWIM Noon-2 pm	FAMILY SWIM Noon-4 pm	FAMILY SWIM Noon-4 pm
2 pm	WATER FITNESS 1:30-2:15 pm	WATER FITNESS 1:30-2:15 pm					
3pm	OPEN SWIM Noon-4 pm	OPEN SWIM 2:30-4 pm	OPEN SWIM Noon-4 pm	OPEN SWIM 2:30-4 pm	ADAPTIVE SWIM LESSONS 4:15-4:50 pm	OPEN SWIM Noon-4:45 pm	
4 pm							
5 pm	SWIM LESSONS 4-8 pm	SWIM LESSONS 4-8 pm	SWIM LESSONS 4-8 pm	SWIM LESSONS 4-8 pm	SWIM LESSONS 5-8 pm		
6 pm							
7 pm							
8 pm	FAMILY SWIM 8-8:45 pm	FAMILY SWIM 8-8:45 pm	FAMILY SWIM 8-8:45 pm	FAMILY SWIM 8-8:45 pm	FAMILY SWIM 8-8:45 pm		

LAP LANE AREA												
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
5 am	LAP SWIM 5:15-7:15 am (4 LANES)		LAP SWIM 5:15 am-1:15 pm (4 LANES)		LAP SWIM 5:15-7:15 am (4 LANES)		LAP SWIM 5:15 am-1:15 pm (4 LANES)		LAP SWIM 5:15-7:15 am (4 LANES)			
6 am	LAP SWIM 7:15-8:15 am (1 LANE)				LAP SWIM 7:15-8:15 am (1 LANE)				LAP SWIM 7:15-8:15 am (1 LANE)			
7 am	(4 LANES)				(4 LANES)				(1 LANE)			
8 am									SWIM TEAM 7:30-9 am		LAP SWIM 7:30-9 am (1 LANE)	
9 am												
10 am	SWIM LESSONS 9 am-Noon		SWIM LESSONS 9 am-Noon		SWIM LESSONS 9 am-Noon		SWIM LESSONS 9 am-Noon		LAP SWIM 8:15 am-5 pm (4 LANES)		SWIM LESSONS 9 am-Noon	
11 am											LAP SWIM 9 am-Noon (2 LANES)	
12 pm												
1 pm	LAP SWIM Noon-4 pm (4 LANES)		LAP SWIM 1:15-2:30 pm (1 LANE)		LAP SWIM Noon-4 pm (4 LANES)		LAP SWIM 1:15-2:30 pm (1 LANE)		LAP SWIM 2:30-4 pm (4 LANES)		LAP SWIM 10:15 am-4:45 pm (4 LANES)	
2 pm			LAP SWIM 2:30-4 pm (4 LANES)				LAP SWIM 2:30-4 pm (4 LANES)		LAP SWIM Noon-4:45 pm (4 LANES)			
3pm												
4 pm												
5 pm	SWIM LESSONS 4-8 pm		LAP SWIM 4-5 pm		SWIM LESSONS 4-8 pm		LAP SWIM 4-5 pm		SWIM LESSONS 4-8 pm		LAP SWIM 5-8 pm	
6 pm	SWIM TEAM 5-7:30 pm		SWIM LESSONS 4-8 pm		SWIM TEAM 5-6 pm		SWIM LESSONS 4-8 pm		SWIM TEAM 5-7:30 pm		SWIM LESSONS 4-8 pm	
7 pm												
8 pm	LAP SWIM 8-8:45 pm (4 LANES)		LAP SWIM 8-8:45 pm (4 LANES)		LAP SWIM 8-8:45 pm (4 LANES)		LAP SWIM 8-8:45 pm (4 LANES)		LAP SWIM 8-8:45 pm (4 LANES)			

RED BAND: NON-SWIMMER

Swimmers marked with a red band are required to have a supervising individual (14+) in the water within arms reach at all times.

Supervising individual (14+) must actively supervise children regardless of wearing a life jacket.

- Must remain in the shallow area of the pool.
- Adults with multiple children with red

GREEN BAND: SWIMMER

Swimmers marked with a green band have successfully passed the swim test and are allowed to:

- Swim in the lap lanes
- Use the water slide
- Swim in the deep end

If the swimmer is under 12 they must be accompanied by a supervising individual (14+)

Every child 11 years of age and under must take the swim test. Drowning events are quick, quiet and happen when we least expect it!

- Children who **pass** the swim test will be issued a **green band**.
- Children who **do not pass** or opt out of the swim test will be issued a **red band**.
 - Children who are wearing a red band must be within arms reach of a swimming individual (14+) at all times.

The swim test is as follows:

- 25 yards (one length) of continuous front crawl, demonstrating good technique and breathing.
- Independently climb out of the pool, jump back in.
- Thirty seconds of treading, the swimmer's head must stay above water for the whole time