

AQUATICS SCHEDULE

AUGUST 29–OCTOBER 5
MILL CREEK FAMILY YMCA

SHALLOW AREA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	OPEN SWIM 5:15–7:30 am		OPEN SWIM 5:15–7:30 am		OPEN SWIM 5:15–7:30 am		
6 am							
7 am	WATER FITNESS 7:30–8:15 am		WATER FITNESS 7:30–8:15 am		WATER FITNESS 7:30–8:15 am		
8 am						OPEN SWIM 7:15–9 am	
9 am		OPEN SWIM 5:15 am–1:15 pm		OPEN SWIM 5:15 am–1:15 pm			
10 am						SWIM LESSONS 9 am–Noon	SWIM LESSONS 10:15–11:00 am
11 am							
12 pm	OPEN SWIM 8:15 am–4:15 pm		OPEN SWIM 8:15 am–4:15 pm		OPEN SWIM 8:15 am–4:15 pm		OPEN SWIM 11 am–4:45 pm
1 pm		WATER FITNESS 1:30–2:15 pm		WATER FITNESS 1:30–2:15 pm		FAMILY SWIM Noon–4 pm	
2 pm							
3pm		OPEN SWIM 2:30–4 pm		OPEN SWIM 2:30–4 pm		OPEN SWIM Noon–4:45 pm	FAMILY SWIM Noon–4 pm
4 pm							
5 pm					ADAPTIVE SWIM LESSONS 4:15–4:50 pm		
6 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		
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 5:15–7:15 am (4 LANES)		LAP SWIM 5:15–7:15 am (4 LANES)		
6 am							
7 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)		
8 am						SWIM TEAM 7:30–9:45 am	
9 am		LAP SWIM 5:15 am–1:15 pm (4 LANES)		LAP SWIM 5:15 am–1:15 pm (4 LANES)		LAP SWIM 7:30–9:45 am (1 LANE)	
10 am						SWIM LESSONS 9 am–Noon	
11 am							LAP SWIM 10:15–11 am (1 LANE)
12 pm	LAP SWIM Noon–4 pm (4 LANES)		LAP SWIM Noon–4 pm (4 LANES)		LAP SWIM 8:15 am–5 pm (4 LANES)		
1 pm		LAP SWIM 1:15–2:30 pm (1 LANE)		LAP SWIM 1:15–2:30 pm (1 LANE)			
2 pm							
3pm		LAP SWIM 2:30–4 pm (4 LANES)		LAP SWIM 2:30–4 pm (4 LANES)		LAP SWIM Noon–4:45 pm (4 LANES)	LAP SWIM 11 am–4:45 pm (4 LANES)
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	LAP SWIM 4–5 pm	LAP SWIM 4–5 pm	LAP SWIM 4–5 pm	LAP SWIM 4–5 pm	LAP SWIM 5–8 pm		
7 pm	SWIM TEAM 5–7:30 pm	SWIM TEAM 5–6 pm	SWIM TEAM 5–7:30 pm	SWIM TEAM 5–6 pm	SWIM TEAM 5–7:30 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