



OCTOBER POOL SCHEDULE

MARYSVILLE FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am							
6am	Lap Swim 5:15-7:30am (3 lanes available)	Lap Swim 5:15-7:30am (3 lanes available)	Lap Swim 5:15-7:30am (3 lanes available)	Lap Swim 5:15-7:30am (3 Lanes available)	Lap Swim 5:15-7:30am		
7am							
8am	Water Fitness 7:30-8:30am (1 Lane available)		Water Fitness 7:30-8:30am (1 Lane Available)		Water Fitness 7:30-8:30am (1 Lane Available)	Lap Swim 7:15-9:00am	
9am	Open Swim 8:30-10:30am (3 lanes available)	Open Swim 7:30-10:30am (3 Lanes available)	Open Swim 8:30-10:30am (3 Lanes Available)	Open Swim 7:30-10:30am (3 Lanes Available)	Open Swim 8:30-10:30am (3 Lanes Available)		
10am							
11am	3 rd Grade Swim 10:30-11:00am (3 Lanes Available)	3 rd Grade Swim 10:30-11:00am (3 Lanes Available)	3 rd Grade Swim 10:30-11:00am (3 Lanes Available)	3 rd Grade Swim 10:30-11:00am (3 Lanes Available)	3 rd Grade Swim 10:30-11:00am (3 Lanes Available)	Swim Lessons 9:00am-12:15pm (1 Lane Available)	
12pm		Open Swim 11:00-12:00pm (3 Lanes Available)		Open Swim 11:00am-12:00pm (3 Lanes Available)			
1pm		Water Fitness 12:00p-1:00p (1 Lane Available)		Water Fitness 12:00-1:00pm (1 Lane Available)			
2pm	Open Swim 11:00a-4:30pm (3 lanes available)		Open Swim 11:00am-4:30pm (3 Lanes Available)		Open Swim 11:00am-5:30pm (3 Lanes Available)		Open Swim 10:15am-4:45pm (3 Lanes Available)
3pm		Open Swim 1:00-4:30pm (3 Lanes Available)		Open Swim 1:00-4:30pm (3 Lanes Available)		Open Swim 12:15-4:45pm (3 Lanes Available)	
4pm							
5pm							
6pm	Swim Lessons 4:30-7pm (1 lane available)	Swim Lessons 4:30-7:00pm (1 Lanes available)	Swim Lessons 4:30-7:00pm (1 Lane Available)	Swim Lessons 4:30-7:00pm (1 Lane Available)	Swim Team 5:30-7:30pm (1 Lane Available)		
7pm	Swim Team 5:30-7pm (1 Lane Available)		Swim team 5:30-7pm (1 Lane Available)				
8pm	Open Swim 7:00-8:45pm (3 lanes available)	Open Swim 7:00-8:45pm (3 Lanes Available)	Open Swim 7:00-8:45pm (3 Lanes Available)	Open Swim 7:00-8:45pm (3 Lanes Available)	Open Swim 7:30-8:45pm (1 Lane Available)		
9pm							

The Pool will be closed 10/25 from 12:30-4 pm for our Pumpkins in the Pool Event

Registration is required for Swim Lessons and Swim Team.

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