

AQUATICS SCHEDULE

NOVEMBER 3-26
MILL CREEK FAMILY YMCA

Possible 15 minute pool closures for lifeguard safety breaks

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

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