



LAP POOL

ALL LAP SWIM TIME

| Schedule. | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|---|--|---|--|--|
| 5 am | ALL LAP SWIM TIME HAS SHARED LANES. (#) AFTER TIME INDICATES THE NUMBER OF LANES FOR ACTIVITY. | LAP SWIM 5:15 - 10 AM (6) 10 - 11 AM (2) | LAP SWIM 5:15 AM - 2:30 PM (6 lanes) | LAP SWIM 5:15 - 10 AM (6) 10 - 11 AM (2) | LAP SWIM 5:15 AM - 2:30 PM (6 lanes) | LAP SWIM 5:15 - 10 AM (6) 10 - 11 AM (2) | |
| 6 am | | | | | | | |
| 7 am | | | | | | | LAP SWIM 7:15 - 10:35 AM (6 lanes) |
| 8 am | | | | | | | |
| 9 am | LAP SWIM 10:15 AM - 3:35 PM (6 lanes) | WATER FITNESS 10 - 11 AM (MAX OF 46) LAP SWIM*** 11AM - 12PM (6) POOL CLOSED** 12 - 2:30 PM NOT JAN 19 SHS SWIM TEAM 2:30 - 4:30 PM (6) LAP SWIM 4:30 - 5 PM (6) | LAP SWIM 5:15 AM - 2:30 PM (6 lanes) | WATER FITNESS 10 - 11 AM (MAX OF 46) LAP SWIM*** 11AM - 12PM (6) POOL CLOSED** 12 - 2:30 PM SHS SWIM TEAM 2:30 - 4:30 PM (6) NOT JAN 27 LAP SWIM 4:30 - 5 PM (6) | LAP SWIM 5:15 AM - 2:30 PM (6 lanes) | WATER FITNESS 10 - 11 AM (MAX OF 46) LAP SWIM*** 11 AM - 12 PM (6) POOL CLOSED** 12 - 2:30 PM NOT JAN 2 SHS SWIM TEAM 2:30 - 4:30 PM (6) LAP SWIM 4:30 - 5 PM (6) | |
| 10 am | | | | | | | SWIM LESSONS*** 10:35-11:20 AM(2) |
| 11 am | | | | | | | LAP SWIM 10:35-11:20AM (4) 11:20AM -4:45P(6) |
| Noon | | | | | | | |
| 1 pm | | | | | | | |
| 2 pm | | | | | | | |
| 3 pm | | | | | | | SWIM LESSONS*** 3:35-4:10 PM (2) |
| 4 pm | | | | | | | |
| 5 pm | | YMCA SWIM TEAM 5 - 6:45 PM (4) 6:45 - 7 PM (2) | YMCA SWIM TEAM 5 - 7:15 PM (4) | YMCA SWIM TEAM 5 - 7 PM (4) | YMCA SWIM TEAM 5 - 7:15 PM (4) | YMCA SWIM TEAM 5 - 5:45 PM (4) | *NO SCHOOL DAYS: JAN 1-2, 19 & 27, POOL WILL REMAIN OPEN. MON & FRI LAP SWIM 12-2:30PM TUE & THUR OPEN SWIM 12-4PM (TUE) 12-2:45PM (THUR) |
| 6 pm | | SWIM LESSONS*** 5 - 6:30 PM (1) | SWIM LESSONS 5 - 6:30 PM (1) | SWIM LESSONS 5 - 6:30 PM (1) | SWIM LESSONS*** 5 - 6:30 PM (1) | SWIM LESSONS*** 5:45 - 6:30 PM (2) | |
| 7 pm | | LAP SWIM 5 - 6:30 PM (1) 6:30 - 6:45 PM (2) 6:45 - 7 PM (4) 7 - 8:45 PM (6) | LAP SWIM 5 - 6:30 PM (1) 6:30 - 7:15 PM (2) 7:15 - 8:45 PM (6) | LAP SWIM 5 - 6:30 PM (1) 6:30 - 7 PM (2) 7 - 8:45 PM (6) | LAP SWIM 5 - 6:30 PM (1) 6:30 - 7:15 PM (2) 7:15 - 8:45 PM (6) | LAP SWIM 5 - 5:45 PM (2) 5:45 - 6:30 PM (4) 6:30 - 8:45 PM (6) | |
| 8 pm | | | | | | | |

RECREATION POOL

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|--|--|--|--|--|--|
| 7 am | ** SHARED POOL SPACE FOR WATER WALKING AND LESSONS MON, WED, & FRI. TUE & THUR LAZY RIVER SHARED SPACE WITH WATER WALKING & PT 8:30 – 11:30 AM. | | WATER FITNESS 7:30 – 8:30 AM (MAX OF 25) | | WATER FITNESS 7:30 – 8:30 AM (MAX OF 25) | | SWIM LESSONS*** 8:45 AM – 12 PM |
| 8 am | | WATER WALKING** 8:15 AM – 12 PM | WATER WALKING** 8:30 AM – 12 PM Lazy River shared with PT 8:30 – 11:30 AM. | WATER WALKING** 8:15 AM – 12 PM | WATER WALKING** 8:30 AM – 12 PM Lazy River shared with PT 8:30 – 11:30 AM. | WATER WALKING** 8:15 AM – 12 PM | |
| 9 am | | | | | | SWIM LESSONS*** 9 – 10 AM | |
| 10 am | FAMILY SWIM 10:15 AM – 4:45 PM BEACH SWIM 11 AM – 4 PM | SWIM LESSONS*** 11 AM – 12 PM | | SWIM LESSONS 11 AM – 12 PM | | | FAMILY SWIM 12 PM – 4:45 PM BEACH SWIM 12 PM – 4 PM JAN 3 ONLY: FAMILY SWIM 9 AM – 4:45 PM BEACH SWIM 12 PM – 4 PM |
| 11 am | | FAMILY SWIM & BEACH SWIM 12 – 1 PM | POOL CLOSED*** 12 – 4 PM NOT JAN 27 | FAMILY SWIM & BEACH SWIM 12 – 1 PM | POOL CLOSED*** 12 – 4 PM JAN 1, open swim until 2:45 PM | FAMILY SWIM & BEACH SWIM 12 – 1 PM | |
| Noon | | | | | | | |
| 1 pm | | WATER WALKING 2 – 2:30 PM | | WATER WALKING 2 – 2:30 PM | | WATER WALKING 2 – 2:30 PM | |
| 2 pm | | FAMILY SWIM 2:30 – 4:30 PM | | FAMILY SWIM 2:30 – 4:30 PM | | FAMILY SWIM 2:30 – 4:30 PM | |
| 3 pm | SWIM LESSONS*** 1:55 – 4:40 PM Shared pool space | SWIM LESSONS*** 4– 6:45 PM | SWIM LESSONS 4 – 6:45 PM | SWIM LESSONS 4– 6:45 PM | SWIM LESSONS*** 4:10 – 6:45 PM Shared pool space | ***FIRST DAY OF SESSION 1 GROUP LESSONS JAN 5. NO GROUP LESSONS JAN 1 – JAN 4 & JAN 19. | |
| 4 pm | | FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM | FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM | FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM | FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM | | |
| 5 pm | | | | | | | |
| 6 pm | | | | | | | |
| 7 pm | | | | | | | |
| 8 pm | | | | | | | |



Stanwood – Camano YMCA

JANUARY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule – JAN 1 to JAN 31
Modified hours: JAN 1 pool open 8:15 AM–2:45 PM

POOL RULES & REGULATIONS

The following rules have been established for the safety of our members and guests and to comply with Health Department regulations. The YMCA is not responsible for lost or stolen items. Anyone refusing to obey pool rules may be asked to leave the premises.

- Please take a cleansing shower, including your hair, before entering the pool.
- Please do not engage lifeguards in conversation, unless it is an emergency situation. Always respect and adhere to the lifeguard's instructions.
- Walk. Refrain from running on the pool deck. For your safety, dunking, pushing, diving, extended breath holding, rough play, or inappropriate language is prohibited.
- Anyone with exposed, open wounds, open blisters, or cuts should refrain from using the pool.
- If you have had a communicable disease or have been ill with vomiting or diarrhea within the past two weeks, please refrain from entering the water.
- Appropriate swim attire must be worn. Street clothes and cut-offs do not qualify as swim attire.
- No food or drink allowed on the pool deck. Glass containers are not permitted on the pool deck.
- Alcohol, drugs, and tobacco products are prohibited on YMCA grounds. Anyone under the influence of alcohol or drugs is prohibited from using the pool.
- If you have seizure, heart, or circulatory problems please swim with a buddy.
- Swimmers with red wristbands, must be within arms reach of an adult at all times.
- Children under the age of 12 must take a swim test prior to swimming.
- Swimmers in diapers must wear a protective covering, in addition to the swim diaper. Changing of diapers must occur in locker room or restroom.

SWIM TEST & WRIST BAND POLICY

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:
 1. 25 yards (one length) of continuous front crawl, demonstrating good technique and breathing.
 2. Independently climb out of the pool, jump back in.
 3. Thirty seconds of treading, the swimmer's head must stay above water for the whole time.

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 wristbands must stay within arms reach of all the children.

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+) in the pool area.