

# AQUATICS SCHEDULE

## MONROE/SKY VALLEY FAMILY YMCA

### JANUARY 1, 2026 – JANUARY 31, 2026

#### SHALLOW AREA

|       | Monday                        | Tuesday                         | Wednesday                     | Thursday  | Friday                         | Saturday                    | Sunday                             |                             |
|-------|-------------------------------|---------------------------------|-------------------------------|---|--------------------------------|-----------------------------|------------------------------------|-----------------------------|
| 5 am  | OPEN SWIM<br>5:15 – 9 am      | OPEN SWIM<br>5:15 – 7:45 am     | OPEN SWIM<br>5:15 – 9 am      | OPEN SWIM<br>5:15 – 7:45 am                                 | OPEN SWIM<br>5:15 – 11 am      |                             |                                    |                             |
| 6 am  |                               |                                 |                               |   |                                |                             |                                    |                             |
| 7 am  |                               | WATER FITNESS<br>7:45 – 8:45 am |                               | WATER FITNESS<br>7:45 – 8:45 am                             |                                |                             |                                    | OPEN SWIM<br>7:15 – 9:30 am |
| 8 am  |                               |                                 |                               |   |                                |                             |                                    |                             |
| 9 am  | SWIM LESSONS<br>9 – 11 am     | SWIM LESSONS<br>9 – 11 am       | SWIM LESSONS<br>9 – 11 am     | SWIM LESSONS<br>9 – 11 am                                   | WATER FITNESS<br>11 am – Noon  | SWIM LESSONS<br>9 am – Noon | SWIM LESSONS<br>10:15 am – 1:15 pm |                             |
| 10 am |                               |                                 |                               |   |                                |                             |                                    |                             |
| 11 am | WATER FITNESS<br>11 am – Noon | WATER FITNESS<br>11 am – Noon   | WATER FITNESS<br>11 am – Noon | WATER FITNESS<br>11 am – Noon                               |                                |                             |                                    |                             |
| Noon  | OPEN SWIM<br>Noon – 4 pm      | OPEN SWIM<br>Noon – 4 pm        | OPEN SWIM<br>Noon – 4 pm      | OPEN SWIM<br>Noon – 4 pm                                    | OPEN SWIM<br>Noon – 2:30 pm    |                             |                                    | OPEN SWIM<br>Noon – 4:45 pm |
| 1 pm  |                               |                                 |                               |   | OPEN SWIM<br>2:30–3pm          | OPEN SWIM<br>1:15 – 4:45 pm |                                    |                             |
| 2 pm  |                               |                                 |                               |   |                                |                             |                                    |                             |
| 3 pm  |                               |                                 |                               |   | Waterslide open<br>Noon – 4 pm |                             |                                    |                             |
| 4 pm  | SWIM LESSONS<br>4 – 7 pm      | SWIM LESSONS<br>4 – 7:35 pm     | SWIM LESSONS<br>4 – 7 pm      | OPEN SWIM<br>3 – 8:45 pm<br><br>Waterslide open<br>4 – 8 pm |                                |                             |                                    |                             |
| 5 pm  |                               |                                 |                               |   |                                |                             |                                    |                             |
| 6 pm  |                               |                                 |                               |   |                                |                             |                                    |                             |
| 7 pm  | OPEN SWIM<br>7 – 8:45 pm      | OPEN SWIM<br>7:35 – 8:45 pm     | OPEN SWIM<br>7 – 8:45 pm      |   |                                |                             |                                    |                             |
| 8 pm  |                               |                                 |                               |   |                                |                             |                                    |                             |
| 9 pm  |                               |                                 |                               |   |                                |                             |                                    |                             |

#### LAP LANE AREA

|       | Monday                                    |                                     | Tuesday                                   |                                       | Wednesday                                 |                                     | Thursday                                  |                                       | Friday                                 |                                      | Saturday                                |  | Sunday                                   |  |  |  |  |  |   |  |
|-------|---|-------------------------------------|---|---------------------------------------|---|-------------------------------------|---|---------------------------------------|--|--------------------------------------|---|--|--|--|--|--|--|--|---|--|
| 5 am  | LAP SWIM<br>5:15 – 9 am<br>(4 Lanes)      |                                     | LAP SWIM<br>5:15 – 7:45 am<br>(4 Lanes)   |                                       | LAP SWIM<br>5:15 – 9 am<br>(4 Lanes)      |                                     | LAP SWIM<br>5:15 – 7:45 am<br>(4 Lanes)   |                                       | LAP SWIM<br>5:15 – 11 am<br>(4 Lanes)  |                                      |   |  |  |  |  |  |  |  |   |  |
| 6 am  |   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |
| 7 am  |   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |
| 8 am  |   |                                     | LAP SWIM<br>7:45 – 8:45<br>am<br>(1 Lane) | WATER<br>FITNESS<br>7:45 – 8:45<br>am |   |                                     | LAP SWIM<br>7:45 – 8:45<br>am<br>(1 Lane) | WATER<br>FITNESS<br>7:45 – 8:45<br>am |  |                                      | LAP SWIM<br>7:15 – 9 am<br>(4 Lanes)    |  |  |  |  |  |  |  |   |  |
| 9 am  | LAP SWIM<br>9 – 11 am<br>(3 – 4<br>Lanes) | SWIM<br>LESSONS<br>9 – 11 am        | LAP SWIM<br>9 – 11 am<br>(3 – 4<br>Lanes) | SWIM<br>LESSONS<br>9 – 11 am          | LAP SWIM<br>9 – 11 am<br>(3 – 4<br>Lanes) | SWIM<br>LESSONS<br>9 – 11 am        | LAP SWIM<br>9 – 11 am<br>(3 – 4<br>Lanes) | SWIM<br>LESSONS<br>9 – 11 am          |  |                                      | SWIM<br>LESSONS<br>9 am –<br>Noon       | LAP<br>SWIM<br>9am –<br>Noon<br>(2–3<br>Lanes) | SWIM<br>LESSONS<br>10:15 am –<br>1:15 pm |  | LAP SWIM<br>10:15 am –<br>1:15 pm<br>(3 Lanes) |  |  |  |   |  |
| 10 am |   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |
| 11 am | LAP SWIM<br>11 am –<br>Noon<br>(1 Lane)   | WATER<br>FITNESS<br>11 am –<br>Noon | LAP SWIM<br>11 am –<br>Noon<br>(1 Lane)   | WATER<br>FITNESS<br>11 am –<br>Noon   | LAP SWIM<br>11 am –<br>Noon<br>(1 Lane)   | WATER<br>FITNESS<br>11 am –<br>Noon | LAP SWIM<br>11 am –<br>Noon<br>(1 Lane)   | WATER<br>FITNESS<br>11 am –<br>Noon   |  |                                      | LAP SWIM<br>11 am –<br>Noon<br>(1 Lane) | WATER<br>FITNESS<br>11 am –<br>Noon            |  |  |  |  |  |  |   |  |
| Noon  | LAP SWIM<br>Noon – 3 pm<br>(4 Lanes)      |                                     | LAP SWIM<br>Noon – 4 pm<br>(4 Lanes)      |                                       | LAP SWIM<br>Noon – 3 pm<br>(4 Lanes)      |                                     | LAP SWIM<br>Noon – 4 pm<br>(4 Lanes)      |                                       | LAP SWIM<br>Noon – 3 pm<br>(4 Lanes)   |                                      | LAP SWIM<br>Noon – 4:45 pm<br>(4 Lanes) |  | LAP SWIM<br>1:15 – 4:45 pm<br>(4 Lanes)  |  |  |  |  |  |   |  |
| 1 pm  |   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |
| 2 pm  |   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |
| 3 pm  | MHS SWIM TEAM<br>3 – 4 pm                 |                                     |   |                                       | MHS SWIM TEAM<br>3 – 4 pm                 |                                     |   |                                       | MHS SWIM TEAM<br>3 – 4 pm              |                                      |   |  |  |  |  |  |  |  |   |  |
| 4 pm  | SWIM<br>LESSONS<br>4 – 7 pm               | LAP SWIM<br>4 – 5 pm<br>(3 Lanes)   | SWIM<br>LESSONS<br>4 – 7 pm               | SWIM<br>TEAM<br>4:30 – 7pm            | SWIM<br>LESSONS<br>4 – 7:35<br>pm         | LAP SWIM<br>4 – 5 pm<br>(3 Lanes)   | SWIM<br>LESSONS<br>4 – 7 pm               | LAP SWIM<br>4 – 5 pm<br>(2 Lanes)     | SWIM<br>LESSONS<br>4 – 4:30 pm         | LAP SWIM<br>4 – 4:30 pm<br>(3 Lanes) |   |  |  |  |  |  |  |  |   |  |
| 5 pm  |   | SWIM<br>TEAM<br>5 – 7:30pm          |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |
| 6 pm  |   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |
| 7 pm  | LAP SWIM<br>7–7:30pm<br>(Limited)         |                                     | LAP SWIM<br>7 – 8:45 pm<br>(4 Lanes)      |                                       |   |                                     | LAP SWIM<br>7 – 7:45pm<br>(Limited)       | SWIM<br>TEAM<br>5 – 7:45pm            | LAP SWIM<br>4:30 – 8:45pm<br>(4 Lanes) |                                      |   |  |  |  |  |  |  |  |   |  |
| 8 pm  | LAP SWIM<br>7:30 – 8:45 pm<br>(4 Lanes)   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  | LAP SWIM<br>7:35 – 8:45pm<br>(4 Lanes) |  | LAP SWIM<br>7:45 – 8:45 pm<br>(4 Lanes) |  |
| 9 pm  |   |                                     |   |                                       |   |                                     |   |                                       |  |                                      |   |  |  |  |  |  |  |  |   |  |

#### NOTES & SPECIAL HOURS

- ◆ Hot tub is closed for cleaning Wednesdays 5 – 11 am.
- ◆ Private Swim Lessons are scheduled at various times during the day and may use one lap lane.
- ◆ Saturday, January 17: Pool will close at 3:45 pm so our Lifeguards can attend in-service training.

# AQUATICS SCHEDULE

MONROE/SKY VALLEY FAMILY YMCA  
JANUARY 1, 2026 – JANUARY 31, 2026

## 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.
- Only U.S. Coast Guard approved lifejackets and wearable flotation devices are allowed. Users must remain within arm's reach of an adult if child is a non-swimmer. No inflatables.
- 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 under the age of seven, or who need a flotation device, 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:

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.

### 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.