

AQUATICS SCHEDULE

January 2 - February 1
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 5:15 am-1:15 pm		OPEN SWIM 5:15 am-1:15 pm		OPEN SWIM 7:15-9 am	
9 am							
10 am						SWIM LESSONS 9 am-Noon	SWIM LESSONS 10:15-Noon
11 am							
12 pm	OPEN SWIM 8:15 am-4:15 pm	WATER FITNESS 1:30-2:15 pm	OPEN SWIM 8:15 am-4:15 pm	WATER FITNESS 1:30-2:15 pm	OPEN SWIM 8:15 am-4:15 pm	FAMILY SWIM Noon-4 pm	FAMILY SWIM Noon-4 pm
1 pm							
2 pm							
3pm	OPEN SWIM 2:30-4 pm		OPEN SWIM 2:30-4 pm			OPEN SWIM Noon-4:45 pm	OPEN SWIM 11 am-4:45 pm
4 pm	SWIM LESSONS 4-8 pm	SWIM LESSONS 4-8 pm	SWIM LESSONS 4-8 pm	SWIM LESSONS 4-8 pm	ADAPTIVE SWIM LESSONS 4:15-4:50 pm		
5 pm					SWIM LESSONS 5-8 pm		
6 pm							
7 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		
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 5:15-7:15 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 5:15 am-1:15 pm (4 LANES)	LAP SWIM 7:15-8:15 am (1 LANE)	LAP SWIM 5:15 am-1:15 pm (4 LANES)	LAP SWIM 7:15-8:15 am (1 LANE)		
8 am							
9 am							
10 am							
11 am							
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)	SWIM TEAM 7:30-9:45 am	LAP SWIM 7:30-9:45 am (1 LANE)
1 pm							
2 pm							
3pm	LAP SWIM 1:15-2:30 pm (1 LANE)	LAP SWIM 2:30-4 pm (4 LANES)	LAP SWIM 1:15-2:30 pm (1 LANE)	LAP SWIM 2:30-4 pm (4 LANES)	LAP SWIM 1:15-2:30 pm (1 LANE)	SWIM LESSONS 9 am- Noon	LAP SWIM 9 am- Noon (2 LANES)
4 pm	SWIM LESSONS 4-8 pm	LAP SWIM 4-5 pm	SWIM LESSONS 4-8 pm	LAP SWIM 4-5 pm	SWIM LESSONS 4-8 pm	LAP SWIM 5-8 pm	LAP SWIM 10:15-12 pm (1 LANE)
5 pm		SWIM TEAM 5-7:30 pm		SWIM TEAM 5-7:45 pm			LAP SWIM 12 pm-4:45 pm (4 LANES)
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**