

AQUATICS SCHEDULE

February 1 - March 2

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 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				
8 am	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	OPEN SWIM 7:15-9 am			
9 am						SWIM LESSONS 9 am-Noon			
10 am		OPEN SWIM 2:30-4 pm		OPEN SWIM 2:30-4 pm					
11 am				FAMILY SWIM Noon-4 pm		SWIM LESSONS 10:15-1 pm			
12 pm						FAMILY SWIM 1 pm-4 pm OPEN SWIM 1 pm-4:45 pm			
1 pm	SWIM LESSONS 4-8 pm	OPEN SWIM 2:30-4 pm	SWIM LESSONS 4-8 pm	OPEN SWIM 2:30-4 pm	ADAPTIVE SWIM LESSONS 4:15-4:50 pm		OPEN SWIM Noon-4:45 pm		
2 pm									
3pm		SWIM LESSONS 4-8 pm							
4 pm	FAMILY SWIM 8-8:45 pm		SWIM LESSONS 4-8 pm	SWIM LESSONS 4-8 pm					
5 pm	FAMILY SWIM 8-8:45 pm								
6 pm				SWIM LESSONS 5-8 pm					
7 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	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)			
7 am	LAP SWIM 8:15 am-4 pm (4 LANES)		LAP SWIM 1:15-2:30 pm (1 LANE)		LAP SWIM 8:15 am-4 pm (4 LANES)	LAP SWIM 1:15-2:30 pm (1 LANE)	LAP SWIM 8:15 am-5 pm (4 LANES)	
8 am		LAP SWIM 2:30-4 pm (4 LANES)		LAP SWIM 2:30-4 pm (4 LANES)				SWIM LESSONS 9 am-Noon
9 am		LAP SWIM Noon-4:45 pm (4 LANES)		LAP SWIM Noon-4:45 pm (4 LANES)				
10 am								LAP SWIM 12 pm-4:45 pm (4 LANES)
11 am								
12 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			
1 pm	LAP SWIM 4-5 pm	LAP SWIM 4-5 pm	LAP SWIM 4-5 pm	LAP SWIM 4-5 pm	LAP SWIM 5-8 pm			
2 pm	SWIM TEAM 5-7:30 pm	SWIM TEAM 5-7:45 pm	SWIM TEAM 5-7:00 pm	SWIM TEAM 5-7:15 pm				
3 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)			
4 pm								
5 pm								
6 pm								
7 pm								
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