

AQUATICS SCHEDULE

June 22 - July 3
MILL CREEK FAMILY YMCA

SHALLOW AREA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am	OPEN SWIM 5:15-7:30 am	OPEN SWIM 5:15-10 am	OPEN SWIM 5:15-7:30 am	OPEN SWIM 5:15-10 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 8:15-10 am		OPEN SWIM 8:15-10 am		OPEN SWIM 8:15 am-8 pm	OPEN SWIM 7:15 am-Noon	
9 am							
10 am	SWIM LESSONS 10 am-Noon	SWIM LESSONS 10 am-Noon	SWIM LESSONS 10 am-Noon	SWIM LESSONS 10 am-Noon			OPEN SWIM 10:15-1 pm
11 am							
12 pm						FAMILY SWIM Noon-4 pm	FAMILY SWIM 1-4 pm
1 pm							
2 pm		WATER FITNESS 1:30-2:15 pm		WATER FITNESS 1:30-2:15 pm			
3 pm							
4 pm	OPEN SWIM Noon-8 pm	OPEN SWIM 2:30-8 pm	OPEN SWIM Noon-8 pm	OPEN SWIM 2:30-8 pm		OPEN SWIM Noon-4:45 pm	OPEN SWIM 1-4:45 pm
5 pm							
6 pm							
7 pm							
8 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		

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

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
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- Private Swim Lessons are scheduled during various times throughout the day and may use a portion of the shallow area or a single lap lane.