



# Stanwood - Camano YMCA

# JUNE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Pool Schedule - June 22 to July 5; Facility closed July 4

Please see YMCA app for electronic version of schedule.

## LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am	ALL LAP SWIMS HAVE SHARED LANES.  (#) AFTER TIME INDICATES THE NUMBER OF LANES AVAILABLE.	LAP SWIM 5:15 - 9 AM (6) 9 - 10 AM (2)		LAP SWIM 5:15 - 9 AM (6) 9 - 10 AM (2)			
6 am					LAP SWIM 5:15 - 9 AM (6) 9 - 10 AM (2)		
7 am							
8 am							
9 am		WATER FITNESS 9 - 10 AM (MAX OF 46)	LAP SWIM 5:15 AM - 3 PM (6) 3 - 5 PM (5)	WATER FITNESS 9 - 10 AM (MAX OF 46)	LAP SWIM 5:15 AM - 3 PM (6) 3 - 5 PM (5)		
10 am							
11 am		LAP SWIM 10AM - 3 PM (6) 3 - 5 PM (5)		LAP SWIM 10AM - 3PM (6) 3 - 5 PM (5)		LAP SWIM 7:15 AM - 4:45PM (6 lanes)	
Noon	LAP SWIM 10:15 AM - 4:45 PM (6 lanes)				LAP SWIM 10AM - 5PM (6)		
1 pm							
2 pm							
3 pm		SAW SWIM LESSONS 3 - 6:15 PM (1)	SAW SWIM LESSONS 3 - 6:15 PM (1)	SAW SWIM LESSONS 3 - 6:15 PM (1)	SAW SWIM LESSONS 3 - 6:15 PM (1)		
4 pm							
5 pm	SAW (Safety Around Water) swim lessons run two weeks, June 22 - July 2. These are grant funded swim lessons and open to the community. 100 spots @ no cost, and 25 spots discounted to \$60.	YMCA SWIM TEAM 5 - 5:45 PM (2) 5:45 - 6:45 PM (5) 6:45 - 7 PM (2)	YMCA SWIM TEAM 5 - 6 PM (3) 6 - 7:15 PM (4) 7:15 - 7:30 PM (2)	YMCA SWIM TEAM 5 - 5:45 PM (2) 5:45 - 7 PM (4) 7 - 7:15 PM (2)	YMCA SWIM TEAM 5 - 6 PM (3) 6 - 7:15 PM (4) 7:15 - 7:30 PM (2)	YMCA SWIM TEAM 5 - 5:45 PM (4) 5:45 - 6:30 PM (2)	Group Swim Lessons Session 7 Registration 6/10
6 pm						First day of lessons: Mon/Wed, July 6 Tue/Thur, July 7 Friday, July 10 Saturday, July 11 Sunday, July 12	
7 pm		LAP SWIM 5 - 5:45 PM (3) 6:15 - 6:45 PM (1) 6:45 - 7 PM (4) 7 - 8:45 PM (6)	LAP SWIM 5 - 6 PM (2) 6 - 6:15 PM (1) 6:15 - 7:15 PM (2) 7:15 - 7:30 PM (4) 7:30 - 8:45 PM (6)	LAP SWIM 5 - 5:45 PM (2) 5:45 - 6:30 PM (1) 6:30 - 7 PM (2) 7 - 7:15 PM (4) 7:15 - 8:45 PM (6)	LAP SWIM 5 - 6 PM (2) 6 - 6:15 PM (1) 6:15 - 7:15 PM (2) 7:15 - 7:30 PM (4) 7:30 - 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			WATER FITNESS 7:30 - 8:30 AM (MAX OF 25)		WATER FITNESS 7:30 - 8:30 AM (MAX OF 25)		*YMCA CAMP SWIM will use 1/2 of rec pool, including the lazy river. On FRIDAYS only, Camp will use the other half (no lazy river). A float rope will separate the pool into two spaces.
8 am	** SHARED POOL SPACE FOR WATER WALKING & PT.	WATER WALKING** 7:30 AM - 12 PM  YMCA Camp will use lazy river during swim time.				WATER WALKING** 7:30 AM - 12 PM  Lazy River available for water walking during camp swim. NO YMCA CAMP JULY 3.	
9 am			WATER WALKING** 8:30 AM - 12 PM  Lazy River shared with PT 8:30 - 11:30 AM.	WATER WALKING** 7:30 AM - 12 PM	WATER WALKING** 8:30 AM - 12 PM  Lazy River shared with PT 8:30 - 11:30 AM.		
10 am							
11 am		YMCA CAMP SWIM* 11:15 - 12:15 PM				YMCA CAMP SWIM* 11:15 - 12:15 PM	
Noon		FAMILY SWIM & BEACH SWIM 12-1	FAMILY SWIM 12 - 3:30 PM	FAMILY SWIM & BEACH SWIM 12 - 1 PM	FAMILY SWIM 12 - 3:30 PM	FAMILY SWIM 12-1 PM  BEACH SWIM 12:15 - 1 PM	FAMILY SWIM 10 AM - 4:45 PM
1 pm	FAMILY SWIM 10:15 AM - 4:45 PM  BEACH SWIM 11 AM - 4 PM	WATER FITNESS 1 - 2 PM (MAX OF 46)	YMCA CAMP SWIM* 1 - 2 PM	WATER FITNESS 1 - 2 PM (MAX OF 46)	YMCA CAMP SWIM* 1 - 2 PM	WATER FITNESS 1 - 2 PM (MAX OF 46)	BEACH SWIM 12 PM - 4 PM
2 pm		WATER WALKING 2 - 2:30 PM		WATER WALKING 2 - 2:30 PM		WATER WALKING 2 - 2:30 PM	
3 pm		FAMILY SWIM 2:30 - 3:30 PM Shared pool space from 3-3:30pm	Shared pool space from 3-3:30pm	FAMILY SWIM 2:30 - 3:30 PM Shared pool space from 3-3:30pm	Shared pool space from 3-3:30pm		
4 pm		SAW SWIM LESSONS 3-6:15 PM	SAW SWIM LESSONS 3 - 6:15 PM	SAW SWIM LESSONS 3-6:15 PM	SAW SWIM LESSONS 3-6:15 PM	FAMILY SWIM 2:30 - 8:45 PM BEACH SWIM 6 - 8 PM	
5 pm	Group Swim Lessons 						SAW Registration 
6 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		
7 pm							
8 pm							



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## 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.

Group Swim Lessons



## 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.