



YMCA of Metropolitan Milwaukee Rite Hite Center

**SMALL POOL HOURS: Monday/Tuesday/Wednesday/Thursday /Friday 4:45 - 7:15pm
Saturday 8:30-11:30am & 4:00-6:30pm Sunday 3:30pm-6:15pm**

Pool Policies

- ▼ Please follow all posted rules.
- ▼ Children in baby carriers, strollers, etc. must be actively supervised by a parent/caregiver at all times.
- ▼ Shower before entering the pool and after the use of toilet facilities. (WI Code)
- ▼ Children not toilet trained are required to wear a swim diaper covered by a tight topped suit or plastic pants. (WI Code)
- ▼ Appropriate swim suits are required. The Y is a family environment
- ▼ Please walk and do not engage in rough play.
- ▼ Please follow all requests made by the lifeguard

Steam Room Policies (18 yrs & older)

- ▼ Wear only swim wear in steamroom
- ▼ Never wear long sleeves/pant legs
- ▼ Do not stay in Steamroom longer than 10 minutes

Whirlpool Policies (18 yrs & older)

- ▼ Always shower before entering whirlpool (WI Code)
- ▼ Swim suits only please
- ▼ Never stay in whirlpool longer than 10 minutes
- ▼ People with a history of heart disease, high/low blood pressure, diabetes, seizures or are pregnant should not use whirlpool!

CHILD SUPERVISION IN THE POOL

0-2 yrs	Adult must be within arm's reach of child at all times.
3-5 yrs	Adult must be in the water within arms reach at all times.
6-7 yrs	Adults must be in the pool area supervising the child at all times.
8+ yrs	Child may be in the pool area unsupervised.

Lap Swim

- ▼ Swimmers are expected to share the lanes fairly and considerately. Circle swim is expected.
- ▼ Pass down the middle or stop at the end of the lane to let faster swimmers pass safely.
- ▼ Allow the Guard to help determine appropriate lane
- ▼ Please only swim on front or side when lap use is high.
- ▼ Minors are allowed to use the lap lanes if they pass the swim test.

Equipment

- ▼ Kickboards are for instructional use only.
- ▼ Bubble belts are used for flotation for children only.
- ▼ Noodles are to be used for flotation only.
- ▼ Small soft balls may be used. HOWEVER, they must STAY in the water and may not interfere with others enjoyment of the pool.

Additional Rules

- ▼ Cameras, Cell Phones and Other electronic items are not allowed on deck.
- ▼ Street shoes are not allowed on deck.
- ▼ Photography on deck is strictly prohibited.

SCHEDULE KEY:
OPEN: The entire small pool is available for open/family swim
Limited Open: Half the small is available for open /family swim
NO OPEN: The small pool is unavailable for open/family swim.

SWIM TEST

Any minor wishing to swim in water deeper than chest depth without an adult must pass the swim test:

- ▼ Jump into the shallow end, ducking the head under water.
- ▼ Swim with a strong stroke 1/2 length of large pool
- ▼ Tread water for 30 seconds.
- ▼ Swim back to starting point.

****Swim tests must be completed every visit. The lifeguard has the authority to withhold or remove access to any area of the pool to maintain safety.**

	SUN	MON	TUES	WED	THURS	FRI	SAT
							8:30-11:30a Open Swim 1/2 pool 8:30-11:30a Lessons
3:30-6:15pm Open Swim							
4:30-6:15pm Lessons Open swim 1/2 pool		4:45-7:15p Open Swim	4:45-7:15pm Open Swim	4:45-7:15p Open Swim	4:45-7:15p Open Swim	4:45-7:15p Open Swim	4:00-6:30p Open Swim
		5:00-6:15pm Lessons Open swim 1/2 pool	6:00-7:05pm Lessons Open Swim 1/2 pool	5:00-6:45pm Lessons Open Swim 1/2 pool	5:00-6:45pm Lessons Open Swim 1/2 pool		

Pool Schedule Subject to Change

Pool Rules are in place for the safety of our members and guests. Anyone not abiding by the rules may be asked to leave.