YMCA of Metropolitan Milwaukee Rite Hite Branch

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

Age	Rule	
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.	If a child passes the swim test they will be issued a wristband and will be able to swim in water over their head while a parent in the pool area continues to actively supervise them.
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 helpdetermine 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 interfer with others enjoyment of the pool.

Aditional 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 withold or remove access to any area of the pool to maintain safety.

Pool Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
						8:20-11:30a Open Swim **1/2 pool** 8:30-11:30a Lessons
4:00-6:30pm **Open Swim** 4:00-6:10pm **Lessons** Open swim **1/2 pool**	4:00-7:30p **Open Swim** 5:00-6:40pm **Lessons** Open swim **1/2 pool**	4:00-7:30p **Open Swim** 5:00-6:40pm **Lessons** Open Swim **1/2 pool**	4:00-7:30p **Open Swim** 5:00-6:40pm **Lessons** Open Swim **1/2 pool**	4:00-7:30p **Open Swim** 5:00-6:40pm **Lessons** Open Swim **1/2 pool**	4:45-6:30p **Open Swim**	**4:00-6:30p Open Swim**

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.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-9:00a **Open exercise** 3 lap lanes	5:30-9:00a **Open exercise** 3 lap lanes	5:30-9:00a **Open exercise** 3 lap lanes	5:30-9:00a **Open exercise** 3 lap lanes	5:30-9:00a **Open exercise** 3 lap lanes	6:30-9:00a **Open exercise** 3 lap lanes
8:00a-4:00p **Open swim** 3 lap lanes	9:00-11:30 **Limited space:** 1 or 2 lap lanes **Deep end open swim only** -9:00-9:45 is Joint Movement -10:45-11:30 is Shallow H2Oex	9:00-12:00 **Limited space:** 1 or 2 lap lanes **Deep end open swim only** -9:00-10:00 is Joint Movement -10:00-11:00 is MS/Stroke -11:15-12:00 is Shallow H2Oex	9:00-11:30 **Limited space:** 1 or 2 lap lanes **Deep end open swim only** -9:00-9:45 is Joint Movement -10:45-11:30 is Shallow H2Oex	9:00-12:00 **Limited space:** 1 or 2 lap lanes **Deep end open swim only** -9:00-10:00 is Joint Movement -10:00-11:00 is MS/Stroke -11:15-12:00 is Shallow H2Oex	9:00-11:30 **Limited space:** 1 or 2 lap lanes **Deep end open swim only** -9:00-9:45 is Joint Movement -10:45-11:30 is Aqua Zumba	9:00-11:30a **Limited space:** Open swim 1 lap lane Swim lessons run 9:00-11:25
	11:30-4:45 **Open swim** 3 lap lanes	12:00-4:45 **Open swim** 3 lap lanes	11:30-4:45 **Open swim** 3 lap lanes	12:00-4:45 **Open swim** 3 lap lanes	11:30a-8:30p **Open swim** 3 lap lanes	11:30a-6:30p **Open swim** 3 lap lanes
4:00-6:30 **Limited space:** 1 lap lane Open swim 4:00-6:15 swim lessons	4:45-6:45 **Limited space** Open swim Swim lessons 1 or 2 lap lanes	4:45-6:45 **Limited space** Open swim Swim lessons 1 or 2 lap lanes	4:45-6:45 **Limited space** Open swim Swim lessons 1 or 2 lap lanes	4:45-6:45 **Limited space** Open swim Swim lessons 1 or 2 lap lanes		
7:30-8:30 **Open Swim** 3 lap lanes		6:45-7:30p **Aqua zumba** Deep open swim only	6:45-7:30p **Aqua zumba** Deep open swim only	6:45-7:30p **Aqua zumba** Deep open swim only		
		7:30-8:30 **Open Swim** 3 lap lanes	7:30-8:30 **Open Swim** 3 lap lanes	7:30-8:30 **Open Swim** 3 lap lanes		

This color box indicates **limited** pool space: either no shallow open swim or few/no lap lanes

The time is listed first in each box. It is followed by pool space, activites going on, and how many lap lanes will be available.

When multiple activities are listed, the underlined time is followed by the activity that will be occurring.

Lap lanes should be for continuous lap swimmers only. Please use open swim space for aqua jogging, stretching, & aerobics.

If you have questions please call the Aquatics Office at (414)357-2848