



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NORTHSIDE YMCA | POOL SCHEDULE—2/27-6/11

LAP POOL		ACTIVITY POOL		BEACH POOL/ WATER SLIDE	
MONDAY		MONDAY		MONDAY	
5:30-8:50am	Open 2 Lap	9:30am-11:30am	Limited open	5-7:30pm	Open Swim
8:50-10am	NO LAP LANES	1-2:30pm	Open Swim	TUESDAY	
10am-7:30pm	Limited 1 Lap	4:30-8pm	Open Swim	5-7:30pm	Open Swim
7:30-8:30pm	Open 2 Lap	TUESDAY		WEDNESDAY	
TUESDAY		9:30-10:30am	Limited open	5-7:30pm	Open Swim
5:30a-1p	Open 2 Lap	1-3pm	Open Swim	THURSDAY	
1-3pm	Limited 1 Lap	4:30-8pm	Open Swim	5-7:30pm	Open Swim
3-4pm	Open 2 Lap	WEDNESDAY		FRIDAY	
4-7:30pm	Limited 1 Lap	9:30am-12pm	Limited open	5-8pm	Open Swim
7:30-8:30pm	Open 2 lap	4:30-8pm	Open Swim	5-8pm	Water Slide
WEDNESDAY		THURSDAY		SATURDAY	
5:30a-8:50am	Open 2 Lap	9:30-12pm	Limited	9-12pm	Open Swim
8:50-10am	NO LAP LANES	11-1pm	Limited open	1-4pm	Open Swim
10-4pm	Limited 1 Lap	1-3pm	Open swim	1-4pm	Water Slide
3-4pm	Open 2 Lap	4:30-8pm	Open Swim		
4-7pm	Limited 1 Lap	FRIDAY			
7-8:30pm	Open 2 Lap	9:30-12pm	Limited		
THURSDAY		12:30-7pm	Open Swim		
5:30a-11am	Open 2 Lap	SATURDAY			
11am-3pm	Limited 1 Lap	9am-6:30pm	Open Swim		
3-4pm	Open 2 Lap				
4-7:30pm	Limited 1 Lap				
7:30-8:30pm	Open 2 Lap				
FRIDAY					
5:30a-8:50am	Open 2 Lap				
8:50-10am	NO LAP LANES				
10am-4pm	Limited 1 Lap				
4pm-8:30pm	Open 2 Lap				
SATURDAY					
9-1pm	Limited 1 Lap				
1-6:30pm	Open 2 Lap				

\*\*There are no lap lanes available from 9am-10am Mon. Wed. and Fri. due to water aerobics. \*\*

The Aquatics Center is only open on Sundays for Private pool Parties.



**Pool Rules**

- Please follow all posted rules.
- Children in baby carriers, strollers, etc. must be actively supervised
- Inflatable floatation devices are not permitted.
- Shower before entering the pool and after the use of toilet facilities.
- Please do not enter the pool if you have a communicable disease or
- Please walk and do not engage in rough play.
- No glass, food, gum, tobacco or pets are allowed on the pool deck.
- Proper swim attire must be worn.
- Children not toilet trained are required to wear a swim diaper
- Diaper changing is prohibited on the pool deck.
- Please obey all requests made by the lifeguard.
- Please be respectful of participants in programs by refraining from utilizing toys and controlling noise volumes during listed program

**Lap Swim**

- Lap lanes are for continuous lap swimming only; this includes standard strokes and kicking.
- Please utilize open swim for water jogging.
- Swimmers are expected to share lanes fairly and considerately. Circle swim is expected when there are
- Pass down the middle or stop at the end of the lane to let faster swimmers pass safely.
- Allow the guard to help determine the appropriate lanes.
- Minors are allowed to use the lap lanes if they pass the swim test.
- Schedule Key  
Open: Two lap lanes and one double lane is open for swim.  
Limited: Programs are occurring in various areas of the pool and those areas will be closed to open swimmers.

**Whirlpool Rules**

- Please follow all posted rules.
- Members 18 year and older may use the whirlpool.
- Members should stay in the whirlpool no longer than 10 minutes.

**Child Supervision in the Pool**

0-2 years	Adult must be in the water within arm's reach of child at all times.	
3-5 years	Adult must be in the water within arm's 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
6-7 years	Adult must be in the pool area supervising the child at all times	
8-9 years	Adult must drop off and pick up the child.	
10+ years	Child may be in the pool area unsupervised.	

**Slide Rules**

- Riders must be 55" tall or pass the swim test to ride.
- Double riding is not permitted.
- Slide must be ridden feet first in a seated or supine position on

**Equipment**

- Get on the tube while in the water.
- Please share tubes with others.
- Tubes for sitting and floating only.
- Kickboards are for instructional use only.
- Bubble belts are used for flotation for children only.
- Noodles are to be used for flotation only.

**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 strong stroke for 15 meters.
- Tread water for 30 seconds.
- Swim back to starting point.

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

**Questions?**

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