



Rite-Hite Family YMCA

Small Pool Hours: Monday-Thursday / 4:45-7:30 Friday / 4:45-6:30
Saturday / 8:30-11:30 & 4:00-6:30 Sunday / 4:00-6:30

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.

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 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 |
|---|---|---|---|---|--------------------------------|---|
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| | | | | | | 8:20-11:30a Open Swim 1/2 pool 8:30-11:30a Lessons |
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| 4:00-6:30pm Open Swim | | | | | | |
| 4:00-6:15pm Lessons Open swim 1/2 pool | 5:00-7:30p Open Swim | 5:00-7:30pm Open Swim | 5:00-7:30p Open Swim | 5:00-7:30p Open Swim | | 4:00-6:30p Open Swim |
| | 5:00-6:40pm Lessons Open swim 1/2 pool | 5:00-6:40pm Lessons Open Swim 1/2 pool | 5:00-6:40pm Lessons Open Swim 1/2 pool | 5:00-6:40pm Lessons Open Swim 1/2 pool | 4:45-6:30p Open Swim | |
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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.**