



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE

BLOCKER NORFOLK FAMILY YMCA

Winter 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5-8am 5L 8-9am 3/4L	Lap Swim 5-8am 5L 8-9am 3/4L	Lap Swim 5-8am 5L 8-9am 3/4L	Lap Swim 5-8am 5L 8-9am 3/4L	Lap Swim 5-8am 5L 8-9am 3/4L	Lap Swim 7-9am 5L	Lap Swim 7-9am 5L
Water Exercise 8-9am 2/3L	Water Exercise 8-9am 2/3L	Water Exercise 8-9am 2/3L	Water Exercise 8-9am 2/3L	Water Exercise 8-9am 2/3L	Open Swim 8-9am 1L	Open Swim 8-9am 1L
Lap Swim 9am-12pm 3L 12-4:30pm 4/5L	Lap Swim 9am-12pm 3L 12-4:30pm 4/5L	Lap Swim 9am-12pm 3L 12-4:30pm 4/5L	Lap Swim 9am-12pm 3L 12-4:30pm 4/5L	Lap Swim 9am-12pm 3L 12-4:30pm 4L	Lap Swim 9am-12pm 2/3L 12:30-6:45pm 4/5L	Lap Swim 9am-6:45pm 4/5L
Swim Lessons 9-11am 2L	Swim Lessons 9-11am 2L	Swim Lessons 9-11am 2L	Swim Lessons 9-11am 2L 1-4pm 4L	Swim Lessons 1-5pm 2L	Swim Lessons 9am-12:30pm 2L	Open Swim 9am-6:45pm 1/2L
Sentara 9am-12pm 1L	Sentara 9am-12pm 1L	Sentara 9am-12pm 1L	Sentara 9am-12pm 1L	Sentara 9am-12pm 1L	Open Swim 9am-6:45pm 1/2L	
Open Swim 9-11am PlayZone 11am-4:30pm 1/2L	Open Swim 9-11am PlayZone 11am-4:30pm 1/2L	Open Swim 9-11am PlayZone 11am-4:30pm 1/2L	Open Swim 9-11am PlayZone 11am-1pm 1/2L 1-4pm PlayZone	Open Swim 9am-1pm 1/2L 1-5pm PlayZone		
Swim Lessons 4:30-8:30pm 2L	Swim Lessons 4:30-6:30pm 2L 7:30-8:30pm 2L	Swim Lessons 4:30-8:30pm 2L	Swim Lessons 4:30-6:30pm 2L 7:30-8:30pm 2L	Lap Swim 4:30-8:45pm 4/5L		
Lap Swim 4:30-8:30pm 2/3L 8:30-9:45pm 4/5L	Lap Swim 4:30-6:30pm 2/3L 6:30-7:30pm 3/4L 7:30-8:30pm 2/3L 8:30-9:45pm 4/5L	Lap Swim 4:30-8:30pm 2/3L 8:30-9:45pm 4/5L	Lap Swim 4:30-8:30pm 2/3L 8:30-9:45pm 4/5L	Open Swim 5-8:45pm 1/2L		
Open Swim 4:30-9:45pm 1/2L	Open Swim 4:30-9:45pm 1/2L	Open Swim 4:30-9:45pm 1/2L	Water Exercise 6:30-7:30pm 2/3L			
			Open Swim 4-9:45pm 1/2L			



Schedule modified 8-19-2013 and subject to change.

GUIDELINES

Indoor Aquatic Center Operating Hours: Monday-Thursday, 5am-9:45pm • Friday, 5am-8:45pm • Saturday-Sunday, 7am-6:45pm

Lap Swim Key: #L represents the number of lap lanes available at the given time. At least one lane will be available during other scheduled activities.

Water Exercise: Classes will be provided in three lap lanes of the pool if there are 15 or more participants prior to class start time. All other times, Water Exercise will benefit from use of two lap lanes for class.

Swim Lessons: YMCA Swim Lessons are taught by nationally certified instructors with additional safety training in CPR, First Aid, AED and O2 administration. Certified lifeguards are on duty at all times. We offer a low student-teacher ratio to help participants safely develop skills and confidence in the water. All classes consist of eight 30-minute lessons. Signing up for swim lessons is easy— visit www.YMCASwimLessons.org to register online or stop by any YMCA family center and register at Member Services. Private lessons are also available at the convenience of the member and instructor.

Inclement Weather: The Y may close the pool during inclement weather. All attempts are made to keep the pool open and wait out the storm; however, management may delay opening or close the pool to ensure the safety of members and staff. Standard procedure is to wait 20 minutes after each lightning strike. Lifeguards/management will also clear the pool during thunder under threatening skies.

AQUATIC CENTER GUIDELINES

Your safety is our utmost concern, and adherence to the following will help us provide a safe environment for you and your family. See you in the water!

POOL GUIDELINES

- YMCA swimming pools are only to be used when a lifeguard is on duty.
- Please shower before entering the swimming pool.
- Persons with open cuts, sores or blisters are not permitted in the swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants. Disposable diapers are not permitted.
- Please use appropriate changing facilities. On-deck changing of any age is prohibited.
- A parent/guardian must be supervising his/her child (9 years and younger) at all times. Non-swimmers must be within arm's reach of a parent or supervising guardian at all times.
- Children ages 10-12 may use the pool only if a responsible adult is on the Y's premises and the child has passed the YMCA of South Hampton Roads Swim Test. Please refer to the member guide for all age guidelines and definitions.
- Swimmers must wear appropriate swimwear—no jeans or cutoffs; swimsuits only. The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Children wearing Coast Guard approved flotation devices and non-swimmers must be within arm's reach of a parent. Water wings (arm floaties) are not permitted. The aquatic director may make exceptions based on special needs of the swimmer and inspection of the device.
- Glass or metal objects are not permitted in the pool area and any food consumed must be at least 10' from the edge of the swimming pool. Chewing gum, tobacco products and alcohol are not permitted in the Y's aquatic environments.
- Feet-first entries only. No diving. Flips, spins or back dives are not permitted from the side of the pool. Diving is permitted in swimming pools with a minimum of 9' of water during posted times.
- Running, horse playing, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Hanging on lane lines, safety ropes and basketball hoops is not permitted.
- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- Floats and rafts are only permitted during designated times and when posted in advance.
- Fins and snorkels are only permitted in lap lanes. On occasion during peak demand, the aquatic director may restrict usage of fins to ensure the safety of other swimmers.
- When the whistle blows, look to a lifeguard immediately!
- Any act deemed unsafe by the lifeguard or management will not be tolerated.
- YMCA management may close the pool at any time to ensure the safety of patrons. All pools will be closed for at least 20 minutes when lightning and/or thunder is observed.

HOT TUB GUIDELINES

- The YMCA of South Hampton Roads follows YMCA National Guidelines that restrict children under the age of 6 from hot tub usage. Children 6-12 years of age must be supervised by an adult (the adult must be within arm's reach of the child.) Children 13 years of age and older may use YMCA hot tubs without adult supervision.
- Cool down at least 5 minutes after exercising prior to use.
- Please shower before using the hot tub.
- Limit tub usage to 10 minutes or less.
- Use the hot tub only when others are present.
- Please do not use the hot tub if you are under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, or tranquilizers.
- Do not submerge to the bottom.
- Use of body lotions, oils or suntan lotions are not permitted.
- Aerobic exercise in the tub is prohibited.
- Food or drinks are not permitted.
- Diving or jumping into the hot tub is prohibited.

SWIMMER AND NON-SWIMMER POLICIES

SWIMMERS: CHILDREN AGES 3-12 WHO SUCCESSFULLY PASS THE SWIM TEST

- Swimmers will be issued a GREEN swim necklace and required to wear the necklace if they wish to swim by themselves.
- Swimmers between the ages of 10-12 will be permitted to use the aquatic facilities without the direct supervision of a parent or guardian. Note: the parent/guardian must remain on YMCA premises but not required to physically be supervising the swimmer.
- Swimmers 9 years and under must have an adult in the pool area.

NON-SWIMMERS: CHILDREN AGES 3-12 WHO DO NOT PASS THE SWIM TEST

- Non-swimmers must be within arm's reach of an adult at all times; however, if taller than 49", may be permitted to swim in the shallow play zone only without an adult in the water. Adults must be in the pool area to supervise.
- Non-swimmers must have a supervising guardian (16 and older) in the pool area at all times.
- Lifeguards will consider all children under the age of 13 to be non-swimmers unless they are wearing the YMCA issued green swim necklace.

SWIM TEST

- Comfortably swim one length of the swimming pool (25 yards) without assistance.
- Pausing is allowed for the swimmer to rotate and breathe.
- Any stroke or combination of strokes are permissible, however, the swimmer must remain on top of the water (underwater swim not acceptable) and have some level of proficiency of the swim stroke.
- Tread water for 30 seconds.
- Exit the swimming pool either by steps, ladder or side.
- YMCA of South Hampton Roads Pool Rules are reviewed and a copy of the rules will be provided to the child.

YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.