



May 1-31 Pool Schedule Updated 5/7

When schools are closed we will modify midday open swim and lane lanes as needed

Black Mountain YMCA

GO ONLINE FOR MOST RECENT COPY OF SCHEDULE - SCHEDULE CAN CHANGE ANYTIME

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday					Time																									
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #																				
6-7 AM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					SAW School Program Only: 5/14-17 & 5/21-24 8am-10am					Pool Closed					6-7 AM																									
7-8 AM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					7-8 AM																																			
8-9 AM	lane lines move at 10:20 am Ind. EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind. EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind. EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind. EX.					ALL Lane lines move at 8:50am IND.										8-9 AM																									
9-10 AM	lane lines move at 10:20 am Ind. EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind. EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind. EX.					SAW School Program Only 5/14-17 & 5/21-24 Ind. EX.					Lessons										9-10 AM																									
10-11 AM	Hydro Burn deep water					transition					transition					transition					transition					Lap 9:40a-11:00a Lessons										10-11 AM																									
11-12 PM	Hydro Burn deep water					Aqua Tabata					Cardio Splash					Cardio Splash					Cardio Splash					Open swim starts at 11:00a										11-12 PM																									
12-1 PM	Lap swim					SL end 12pm					Lap Swim					Lap Swim					Lap Swim					Open swim starts at 11:00a										12-1 PM																									
1-2 PM						Open Swim					Lap Swim					Lap Swim					Lap Swim															1-2 PM																									
2-3 PM	lane lines move at 3:50p					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Open Swim										2-3 PM																									
3-4 PM	Lap Swim					Open Swim					Lap Swim					Lap Swim					Lap Swim															3-4 PM																									
4-5 PM	Lessons					Piranhas					lane lines move at 5:20p					Lessons					Lap Lessons					During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS					4-5 PM																														
5-6 PM	Aqua Tabata					Piranhas					Cardio Splash 5:30-6:15pm					Piranhas					Open										5-6 PM																														
6-7 PM	Piranhas					Lap					Open					Lap					Open					Pool Closed					6-7 PM																														
7-7:30 PM	Open					Lap					Open					Lap					Open										6-7 PM																														
																	Pool Closed										Pool Closed										Pool Closed										Pool Closed										POOL HOURS Mondays - 6:00a-7:30p Tuesdays - 6:00a- 7:30p Wednesdays - 6:00a- 7:30p Thursdays - 6:00a-7:30p Fridays - 6:00a -6:30p Saturdays 8:00a – 1:30p Sundays -1:00p-4:30p				
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5																					
Lap Swim					Independent Exercise					Swim Lessons					Open Swim																																														
Aqua Fitness					Swim Team					Private SL					SAW School Program																																														

BLACK MOUNTAIN YMCA
25 Jane Jacobs Road
Black Mountain, NC 28711

MAX CAPACITY: 25 | Please note the schedule and lane space is subject to change at any time.

LIFEGUARD BREAK: Our Y is a one-guard pool. Lifeguards have the ability to close the pool for 10 minutes in the event that they need a break and have no coverage. Please respect the lifeguard and obey all directions.

ANSWERING THE CALL

60%
OF YOUTH
DROWNING
INCIDENTS
OCCUR WITHIN
10 FT.
OF SAFETY

www.safekids.org/sites

2 CHILDREN
DIE EACH
DAY AS A
RESULT OF
DROWNING



www.cdc.gov/injury/wisqars/

88%
OF CHILDREN
WHO DROWN
ARE UNDER
**SOME FORM OF
SUPERVISION**

www.safekids.org/sites

Drowning is the leading cause of unintentional injury death among children aged 1–4 years and one of the top three causes among persons aged ≤29 years.

4

www.cdc.gov

POOL RULES

Please obey all requests made by lifeguards.

Street shoes are not allowed on the deck.

Shower before entering the pool and after the use of toilet facilities.

After showering, please dry off completely when exiting the showers into the locker room area.

Cameras, cell phones, and other electronic devices are not allowed on the pool deck.

Photography on the pool deck is prohibited.

Inflatable flotation devices are not permitted.

Walk. Do not engage in rough play.

Please do not enter the pool if you have a communicable disease or open cut.

No glass, food, gum, tobacco, or animals are allowed on the pool deck.

Proper swim attire must be worn at all times.

Children not toilet-trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.

Diaper changing on the pool deck is not permitted.

LAP LANES

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim times/independent exercise for water jogging, water walking, etc. Lap swimmers should share the lanes with other members in a respectful manner.

EQUIPMENT

Kickboards, pull buoys and fins are for lap swim use only.

Noodles are to be used for flotation and exercise classes only.

Approved lifejackets are available for use.

Equipment should not be used to roughhouse or for horseplay.

CHILD SUPERVISION

Children Ages 0–6

An adult must be within arm's reach of the child at all times.

Children Ages 7–9

If the child passes the swim test, they may be in the pool with a responsible adult in the pool area. Otherwise a guardian must be in the pool.

Children Ages 10–12

Child must pass a swim test or wear a lifejacket and may be in the pool area without a responsible adult. If they don't pass swim test they must remain in the shallow end.

SAUNA AND HOT TUB RULES

Please shower before using spa amenities.

Must be 16 years or older to use these facilities.

Swim attire must be worn- full clothing is not permitted. No street shoes.

No electronic devices are allowed in these areas.

Do not exercise in the sauna.

Persons under the influence of alcohol, tranquilizers or any drugs that cause drowsiness, or raise/lower blood pressure should not enter the spa area.

Please shower after leaving the sauna/spa if entering the pool. There is a shower on the pool deck.

Persons who behave inappropriately will be asked to leave.

There is a strict 10 minute limit on the Hot Tub. Recommended time limit for Sauna is 10-15 minutes.

SWIM TEST

Any child under the age of 13 wishing to swim **in water deeper than chest depth** must pass the swim test or wear a lifejacket:

- Jump into the shallow end, ducking head under water.
- Swim 25 yards.
- Tread water for 1 minute.

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

*If child does not pass swim test they must remain in shallow end.