



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March Pool Schedule Hendersonville Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 8:00-8:55 a.m.	Hydro Burn 8:30-9:30 a.m.	Open Swim 8:00-8:55 a.m.	Hydro Burn 8:30-9:30 a.m.	Cardio Splash 8:00-9:00 a.m.	Swim Lessons 9:00-11:15 a.m.	Open Swim 1:00-5:30 p.m. Hot tub closes at 5 p.m.
Hydro Burn 9:00-10:00 a.m.	Cardio Splash 9:30-10:30 a.m.	Hydro Burn 9:00-10:00 a.m.	Cardio Splash 9:30-10:30 a.m.	Hydro Burn 9:00-10:00 a.m.	Open Swim 1:00-5:30 p.m.	
Cardio Splash 10:00-11:00 a.m.	Fluid Movement 10:30-11:30 a.m.	Cardio Splash 10:00-11:00 a.m.	Fluid Movement 10:30-11:30 a.m.	Fluid Movement 10:00-11:00 a.m.		
Open Swim 11:00-12:00 p.m.	Open Swim 2:00-3:30 p.m.	Open Swim 11:00-12:00 p.m.	Open Swim 2:00-3:25 p.m.	Open Swim 2:00-4:00 p.m.		
Open Swim 2:00-4:00 p.m.	Swim Team 5:00-7:00 p.m.	Open Swim 2:00-4:00 p.m.	Swim Lessons 3:30-5:30 p.m.	Swim Team 4:00-6:00 p.m.		
Swim Team 4:00-6:00 p.m. (NO LAP LANE 5:30-6PM)	Hydro Burn 6:45-7:45 p.m.	Swim Team 4:00-6:00 p.m.	Swim Team 5:00-7:00 p.m.	Open Swim 6:00-7:30 p.m.		
Swim Lessons 5:30-7:15 p.m.	Hydro Burn 6:45-7:45 p.m.	Open Swim 7:00-8:30 p.m.	Hydro Burn 6:45-7:45 p.m.			
Open Swim 7:20-8:30 p.m.	Open Swim 7:45-8:30 p.m.		Open Swim 7:45-8:30 p.m.			

Lap Swim Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-7:55 a.m.	5:30-8:25 a.m.	5:30-7:55 a.m.	5:30-8:25 a.m.	5:30-7:55 a.m.	7:00-9:00 a.m.	11:00-1:00 p.m.
12:00-2:00 p.m.	11:30-2:00 p.m.	12:00-2:00 p.m.	11:30-2:00 p.m.	11:00-2:00 p.m.		

Limited Lap Swim will be available during open swim, swim team, GEX classes, and swim lesson times. The lifeguards can add or remove lanes as needed.

Make Up Swim Lessons due to pool closures: will be at the same time as the original lessons on the following days:

Monday Make Up Lessons will be on Wednesdays

Thursday Make Up Lessons will be on Thursdays

Saturday Make Up Lessons will be on Sundays with a three hour delay

DATES TO KNOW

March 2: Swim Instructor Training
11am-12pm utilizing 2 lap lanes

March 18: Lifeguard InService 7-9pm
Utilizing 2-3 Lap Lanes

Things to Know

There is only one lap lane available during Monday and Saturday Swim Lessons

FACILITY HOURS

Mon-Fri 5:30 a.m.-9:00 p.m.

Sat 7:00 a.m.-6:00 p.m.

Sun 11:00 a.m.-6:00 p.m.

The pool closes 30 minutes before the facility closes.

POOL RULES

Please follow all posted rules.

Children in baby carriers, strollers, etc., must be actively supervised by a parent/caregiver at all times.

Inflatable flotation 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 open cut.

Walk. Do not engage in rough play.

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.

Please obey all requests made by lifeguards.

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

Street shoes are not allowed on the deck.

Photography on the pool deck is prohibited.

WHIRLPOOL RULES

Please follow all posted rules.

Members age 16 and over may use the whirlpool without supervision.

Members should stay in the whirlpool no longer than 10 minutes.

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 whirlpool deck.

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.

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.

OPEN SWIM will not be available during swim lessons, swim team, and water fitness classes.

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim for water jogging. Lap swimmers should share the lanes with other members in a respectful manner. Please circle swim when there are more than two swimmers in a lane.