



# October 27-31 Pool Schedule

## HIGH SCHOOL SWIM TEAMS START OCT 29

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	Lane #																																																										
5:30-6 AM	Ind. Ex.	Lap Swim				Ind. Ex.	Lap Swim				Ind. Ex.	Swim Team				Ind. Ex.	HHS Swim Team				Ind. Ex.	WHS Swim Team				Closed					Closed					5:30-6 AM																																																										
6-7 AM																																				6-7 AM																																																										
7-8 AM																																				7-8 AM																																																										
8-9 AM																																				8-9 AM																																																										
9-10 AM	Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Swim Lessons	Closed					9-10 AM																																																														
10-11 AM	Cardio Splash					Aqua Tabata					Cardio Splash					Safety Around Water HCPS 2nd Graders					Cardio Splash											10-11 AM																																																														
11-12 PM	Fluid Movement					Independent Exercise	Lap Swim				Fluid Movement					Safety Around Water HCPS 2nd Graders					Fluid Movement											Open Swim	Lap Swim					Lap Swim	11-12 PM																																																							
12-1 PM	Independent Exercise	Lap Swim									Independent Exercise	Lap Swim									Ind. Ex.	Lap Swim																	Independent Exercise	Lap Swim				Open Swim	Lap Swim					Hydro Burn	12-1 PM																																											
1-2 PM																										1-2 PM																																																																				
2-3 PM		Lap Swim										Lap Swim										Lap Swim					Lap Swim				Open Swim									Lap Swim					Open Swim	Lap Swim					2-3 PM																																											
3-4 PM																	3-4 PM																																																																													
4-5 PM	Swim Lesons	WHS Swim Team				Lap Swim	Piranhas				Swim Lessons	Swim Team				Lap Swim	Piranhas				Lap Swim	Pirahnas				Closed					Closed					4-5 PM																																																										
5-6 PM																																				5-6 PM																																																										
6-7 PM	Lap Swim	Piranhas				Hydro Burn					Lap Swim	Piranhas				Hydro Burn					Open Swim	HHS Swim Team				THURSDAY SAFETY AROUND WATER PROGRAM STARTS ENDING AT 1PM																																																																				
7-8 PM						Open Swim	HHS Swim Team																																																																																							
8-9 PM																																									Closed																																																					
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											Lane #																																																										
		Lap Swim						Independent Exercise						Swim Lessons						Open Swim																																																																										
		Group Ex						Swim Team						Seasonal Program																																																																																

Contact Aquatics Director Jeff Bledsoe with any questions: [jbledsoe@ymcawnc.org](mailto:jbledsoe@ymcawnc.org)

## HENDERSONVILLE FAMILY YMCA

810 6th Ave. W  
Hendersonville, NC 28739  
828 697 9622 • ymcawnc.org

### MAX CAPACITY: 25

Please note the schedule and lane space is subject to change at any time.

### POOL HOURS

Mon-Thurs 5:30 a.m. - 8:30 p.m.  
Friday 5:30 a.m. - 7:30 p.m.  
Saturday 7 a.m. - 4:30 p.m.  
Sunday 11 a.m. - 4:30 p.m.

## NOW HIRING LIFEGUARDS

Help people stay safe and confident  
around water as a YMCA lifeguard!

Lifeguard certification courses provided by the Y.



Scan to find current  
job opportunities here.

Scan to find lifeguard  
courses here.



[ymcawnc.org](http://ymcawnc.org)

## POOL RULES

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.**

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.

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.

## 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 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. Maximum of two people may use at one time.

Recommended time limit for Sauna is 10-15 minutes. Maximum of four people may use at one time.

## 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.

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

## 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.





