



Lifeguard
Instructor
Training February
12-14

March Pool Schedule

*** Pool schedule is subject to change without notice due to staffing and weather ***

Corpening Memorial YMCA

Lifeguard course
March 5-8

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Time		
Lane #	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	Lane #
6-7 AM	Open Swim								Open Swim								6-7 AM
7-8 AM			Lap Swim						Open Swim								7-8 AM
8-9 AM									Open Swim								8-9 AM
9-10 AM	Fluid Movement								Fluid Movement								9-10 AM
10-11 AM			Fluid Movement						SPLASH								10-11 AM
11-12 PM	Open Swim			Lap Swim					Open Swim								11-12 PM
12-1 PM				Open Swim					SPLASH								12-1 PM
1-2 PM	Open Swim								Open Swim								1-2 PM
2-3 PM																	2-3 PM
3-4 PM																	3-4 PM
4-5 PM	Cardio Splash			Lap Swim	Piranhas				Open Swim								4-5 PM
5-6 PM		Open Swim			Open Swim				Lap Swim	Piranhas							5-6 PM
6-7 PM				Lap Swim					Open Swim								6-7 PM
7-8 PM	Open Swim			Lap Swim					Lap Swim	Piranhas							
8-9 PM					Private swim lessons				Open Swim	Swim lessons							
					Open Swim				Lap Swim								
Lane #	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	

	Lap Swim		Open Swim		Swim Lessons		Camp Swim	
	Group Ex		Swim Team		Y Splash		Specialty	

**Splash runs from January 12th to March 19th from 10:30am-12pm.
We have no open swim and limited lap swim at that time.**

CORPENING MEMORIAL YMCA

348 Grace Corpening

Marion NC 28752

MAX CAPACITY: 50 | 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.

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.

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:

- Start in shallow end
- Swim 25 yards
- Climb out, jump in deep end
- Tread water for 1 minute

Swim tests must be repeated every three months.

Front desk documents successful completion.

The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.

ANSWERING THE CALL

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

2
CHILDREN
DIE EACH
DAY AS A
RESULT OF
DROWNING

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

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.

www.cdc.gov

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- please ask for one if you do not have one
- 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

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: If a child passes the swim **test**, they may be in the pool alone. A responsible adult must be in the building. If they don't pass the swim test, an adult must be with them in the water or they must wear a lifejacket.