



May 1-25 Pool Schedule

Hendersonville Family YMCA

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 #																				
5:30-6 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Open Swim					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Closed					Closed					5:30-6 AM
6-7 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Open Swim					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Closed					Closed					6-7 AM
7-8 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Open Swim					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Closed					Closed					7-8 AM
8-9 AM	Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Open Swim					Lap Swim					Ind. Ex.					Lap Swim					Ind. Ex.					Lap Swim					Closed					Closed					8-9 AM
9-10 AM	Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Swim Lessons					Lap Swim					Closed					Closed					9-10 AM					
10-11 AM	Cardio Splash					Aqua Tabata					Cardio Splash					Hydro Burn					Cardio Splash					Fluid Movement					Swim Lessons					Lap Swim					Closed					Closed					10-11 AM										
11-12 PM	Fluid Movement					Independent Exercise					Fluid Movement					Safety Around Water HCPS 2nd Graders					Fluid Movement					Swim Lessons					Lap Swim					Closed					Closed					11-12 PM															
12-1 PM	Open Swim					Independent Exercise					Open Swim					Safety Around Water HCPS 2nd Graders					Open Swim					Swim Lessons					Lap Swim					Closed					Closed					12-1 PM															
1-2 PM	Open Swim					Independent Exercise					Open Swim					Safety Around Water HCPS 2nd Graders					Open Swim					Swim Lessons					Lap Swim					Closed					Closed					1-2 PM															
2-3 PM	Open Swim					Independent Exercise					Open Swim					Safety Around Water HCPS 2nd Graders					Open Swim					Swim Lessons					Lap Swim					Closed					Closed					2-3 PM															
3-4 PM	Open Swim					Independent Exercise					Open Swim					Safety Around Water HCPS 2nd Graders					Open Swim					Swim Lessons					Lap Swim					Closed					Closed					3-4 PM															
4-5 PM	Swim Lesons					Lap Swim					Swim Lesson					Piranhas					Swim Lessons					Open Swim					Piranhas					Open Swim					Lap Swim					Closed					Closed					4-5 PM					
5-6 PM	Swim Lesons					Lap Swim					Swim Lesson					Piranhas					Swim Lessons					Open Swim					Piranhas					Open Swim					Lap Swim					Closed					Closed					5-6 PM					
6-7 PM	Ind. Ex.					Piranhas					Hydro Burn					Ind. Ex.					Piranhas					Hydro Burn					Lap Swim					Closed					Closed					Closed					Closed					<p>Look at the back page under "UPDATES" to see one off changes to the schedule throughout the month!</p>					
7-8 PM	Ind. Ex.					Piranhas					Open Swim					Lap Swim					Ind. Ex.					Lap Swim					Open Swim					Lap Swim					Closed					Closed					<p>Look at the back page under "UPDATES" to see one off changes to the schedule throughout the month!</p>										
8-9 PM	Ind. Ex.					Lap					Open Swim					Lap Swim					Ind. Ex.					Lap					Open Swim					Lap Swim					Closed					Closed						<p>Look at the back page under "UPDATES" to see one off changes to the schedule throughout the month!</p>									
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	1	2	3	4	5	Lane #															
	Lap Swim					Independent Exercise					Swim Lessons					Open Swim																																													
	Group Ex					Swim Team					Seasonal Program																																																		

Contact Aquatics Director Jessica Petrillo with any questions: jpetrillo@ymcawnc.org

HENDERSONVILLE FAMILY YMCA

810 6th Ave. W
Hendersonville, NC 28739
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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.

UPDATES:

No Safety Around Water 10-1 on the 21st, lap swim instead.

Lifeguard Class from 4-9 on the 7th and 8th. Also from 10-5 on the 9th and 10th. Will take up some pool space.

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.

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.

NOW HIRING LIFEGUARDS

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

Lifeguard certification courses provided by the Y.



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