# December 1st-December 31st 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 | Lane # |
| 5:30-6 AM | Ind. Ex. / Swim Team / Lap Swim | Ind. Ex. / Swim Team / Lap Swim | Ind. Ex. / Swim Team / Lap Swim | Ind. Ex. / Swim Team / Lap Swim | Ind. Ex. / Swim Team / Lap Swim | Closed | Closed | 5:30-6 AM |
| 6-7 AM | | | | | | | | 6-7 AM |
| 7-8 AM | | | | | | Ind. Ex / Lap Swim | | 7-8 AM |
| 8-9 AM | | | | | | | | 8-9 AM |
| 9-10 AM | Aqua Tabata | Hydro Burn | Aqua Tabata | Hydro Burn | Aqua Tabata | Swim Lessons / Lap Swim | | 9-10 AM |
| 10-11 AM | Cardio Splash | Aqua Power Fusion | Cardio Splash | Safety Around Water | Cardio Splash | | | 10-11 AM |
| 11-12 PM | Fluid Movement | Open Swim / Lap Swim | Fluid Movement | | Fluid Movement | Open Swim | Ind. Ex. / Lap Swim | 11-12 PM |
| 12-1 PM | Open Swim / Lap Swim | | Open Swim / Lap Swim | | Open Swim / Lap Swim | | | 12-1 PM |
| 1-2 PM | | | | | | | Hydro Burn | 1-2 PM |
| 2-3 PM | | | | Open Swim / Lap Swim | | | Open Swim / Lap Swim | 2-3 PM |
| 3-4 PM | | | | | | | | 3-4 PM |
| 4-5 PM | Swim Lesons / HS Team | Ind. Ex. / Lap / Piranhas | Ind. Ex. / Lap / HS Team | Ind. Ex. / Lap / Piranhas | Ind. Ex. / Lap Swim / Pirahnas | Closed | Closed | 4-5 PM |
| 5-6 PM | | | | | | 1 2 3 4 5 | 1 2 3 4 5 | 5-6 PM |
| 6-7 PM | Piranhas | Hydro Burn | Piranhas | Hydro Burn | HS Team | Look at the back page under "UPDATES" to see one off changes to the schedule throughout the month! | | 6-7 PM |
| 7-8 PM | Ind. Ex. / Lap | Open Swim / HS Team | Ind. Ex. / Lap | Ind. Ex. / Lap / HS Team | Closed | | | 7-8 PM |
| 8-9 PM | Closed | Closed | Closed | Closed | | | | 8-9 PM |
| 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 Jessica Petrillo with any questions: jpetrillo@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.

UPDATES:
-No Hendersonville Swim Team practice on 12/21-12/31.
-No Piranhas practice December 4th, 24th, 25th, or 31st.
-Pool closes at 12:30 on December 24th and 31st, opening at 8:00 on the 26th.




## 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.