



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAIN LAP POOL SCHEDULE 5/01-5/31

Spring 2 2025

The schedule is subject to change. Based on staffing issues the schedule can be adjusted at any time for safety. Please visit our branch or our website for up to date information.

Key:

Family Swim
(Green Boxes)

Lap Swim & Exercise
(White Boxes)

Adult Lap Swim & Exercise
(Purple Boxes)

Adult Lap Swim Only During YMCA Programming
(Red Boxes)

Closed
(Blue Boxes)

Lap Swim

Please communicate respectfully with fellow lap swimmers in regards to pattern changes. Please try to be courteous & limit lap swim to 60 minutes during busy times.

Adult Lap Swim is for Persons 18 years & older.

Lap swim is for Persons 11 years (must be a Green Band) & older. They may only swim in the lap lanes during "Lap Swim" & with appropriate behavior.

New Aquatic Rules & Policies

Please see attached for our new Pool Rules, Aquatic Conduct, Swim Test, and Youth Supervision Policies that are now in place and will be enforced going forward. We appreciate your adherence to these in advance for the safety of all.

CLOSINGS:

The Aquatic Center including the Sauna will be Closed on 6/01/2025 for our Synchronized Swimming Show.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-10:00am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-10:00am Lap Swim 4 Lanes Exercise 2 Lanes	6:15am-8:25am Lap Swim 4 Lanes Exercise 2 Lanes	Closed
	8:25am-9:45am <u>Adult Lap Swim</u> <u>2-3 Lanes</u>		8:25am-9:45am <u>Adult Lap Swim</u> <u>2-3 Lanes</u>		8:25am-9:45am <u>Adult Lap Swim</u> <u>2-3 Lanes</u>	7:30am-8:45am 4 Lanes Lap Swim Exercise 2 Lanes
	Water Fitness 3-4 Lanes Closed		Water Fitness 3-4 Lanes Closed		Water Fitness 3-4 Lanes Closed	8:45am-12:15pm <u>Adult Lap Swim</u> <u>1 Lane</u>
	9:45am-11:00am Lap Swim 4 Lanes Exercise 2 Lanes	10:00am-4:45pm <u>Adult Lap Swim</u> <u>4 Lanes</u> *Family Swim* 2 Lanes	9:45am-12:00pm Lap Swim 4 Lanes Exercise 2 Lanes Exercise 2 Lanes	10:00am-4:45pm <u>Adult Lap Swim</u> <u>4 Lanes</u> *Family Swim* 2 Lanes	9:45am-11:00am Lap Swim 4 Lanes Exercise 2 Lanes Exercise 2 Lanes	Swim Lessons 5 Lanes Closed
	11:00am-4:45pm				11:00am-7:00pm	12:15pm-1:00pm <u>Adult Lap Swim</u> <u>3 Lanes</u>
12:15pm-4:30pm <u>Adult Lap Swim</u> <u>3 Lanes</u> *Family Swim* 3 Lanes	<u>Adult Lap Swim</u> <u>4 Lanes</u> *Family Swim* 2 Lanes		12:00pm-7:45pm <u>Adult Lap Swim</u> <u>4 Lanes</u> *Family Swim* 2 Lanes		<u>Adult Lap Swim</u> <u>4 Lanes</u> *Family Swim* 2 Lanes	Adult Exercise 3 Lanes
4:30pm-4:45pm Lap Swim 4 Lanes Exercise 2 Lanes	4:45pm-7:45pm <u>Adult Lap Swim</u> <u>1 Lane</u> Swim Lessons 5 Lanes Closed	4:45pm-7:45pm <u>Adult Lap Swim</u> <u>1 Lane</u> Swim Lessons 5 Lanes Closed		4:45pm-7:45pm <u>Adult Lap Swim</u> <u>1 Lane</u> Swim Lessons 5 Lanes Closed		1:00pm-4:30pm <u>Adult Lap Swim</u> <u>3 Lanes</u> *Family Swim* 3 Lanes
Closed 4:45pm	7:45pm-8:30pm Lap Swim 4 Lanes Exercise 2 Lanes	7:45pm-8:30pm Lap Swim 4 Lanes Exercise 2 Lanes	7:45pm-8:30pm Lap Swim 4 Lanes Exercise 2 Lanes	7:45pm-8:30pm Lap Swim 4 Lanes Exercise 2 Lanes	7:00pm-7:30pm Lap Swim 4 Lanes Exercise 2 Lanes	4:30pm-4:45pm Lap Swim 4 Lanes Exercise 2 Lanes
					Closed 7:30pm	Closed 4:45pm



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RECREATION POOL SCHEDULE 5/01-5/31

Spring 2 2025

The schedule is subject to change.
Based on staffing issues the
schedule can be adjusted at any
time for safety. Please visit our
branch or our website for up to
date information.

Key:

Family Swim
(Green Boxes)

Adult Exercise
(Purple Boxes)

Closed for YMCA
Programming
(Red Boxes)

Closed
(Blue Boxes)

Water Features

Typically Available but is subject
to change based on pool
activities & patron volume.

New Aquatic Rules & Policies

Please see attached for
our new Pool Rules,
Aquatic Conduct, Swim
Test, and Youth
Supervision Policies that
are now in place and will
be enforced going
forward. We appreciate
your adherence to these
in advance for the safety
of all.

CLOSINGS:

The Aquatic Center
including the Sauna will
be Closed on 6/01/2025
for our
Synchronized Swimming
Show.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	Closed	Closed	Closed	Closed	Closed	Closed
	9:30am-11:00am <u>Adult Exercise</u>	10:00am-4:45pm *Family Swim*	9:30am-12:00pm <u>Adult Exercise</u>	10:00am-4:45pm *Family Swim*	9:45am-11:00am <u>Adult Exercise</u>	9:00am-1:00pm Closed for YMCA Swim Lessons Ask Us About Swim Lessons! Stop at the Front Desk.
	11:00am-4:45pm *Family Swim*		12:00pm-7:45pm *Family Swim*		11:00am-4:45pm *Family Swim*	1:00pm-4:30pm *Family Swim*
	12:15pm-4:30pm *Family Swim*					
Closed 4:45pm	4:45pm-7:45pm Closed for YMCA Swim Lessons Ask Us About Swim Lessons! Stop at the Front Desk.	4:45pm-7:45pm Closed for YMCA Swim Lessons Ask Us About Swim Lessons! Stop at the Front Desk.		4:45pm-7:45pm Closed for YMCA Swim Lessons Ask Us About Swim Lessons! Stop at the Front Desk.		Closed 4:45pm
	7:45pm-8:30pm <u>Adult Exercise</u>	7:45pm-8:30pm <u>Adult Exercise</u>	7:45pm-8:30pm <u>Adult Exercise</u>	7:45pm-8:30pm <u>Adult Exercise</u>		
					Closed 7:00pm	

POOL RULES

- Swimming without a lifeguard is prohibited.
- Swimmers must shower before entering the pool.
- Breath-holding activities are prohibited.
- Enter the water facing forward, feet first.
- Do not use the pool when you are sick.
- Persons with bandages, open cuts or wounds are not allowed in the pool.
- Running on the deck, locker rooms, showers, or hallways is not permitted.
- Horseplay of any kind and public displays of affection are prohibited.
- Hanging on the float lines, starting blocks, or lap lanes is prohibited.
- Children 6-14 must take and pass the Akron Area YMCA swim test before entering the deep end.
- Lifeguards may require any swimmer to pass a swim test before entering the deep end.
- YMCA appropriate swimming attire must be worn; this includes the use of swim diapers. Diapers cannot be changed on deck.
- Food and beverages are not permitted in the Aquatics Center.
- No glass containers on pool deck.
- Y Equipment is reserved for instructor and adult use only.
- Only U.S.Coast Guard approved PFDs permitted.
- Inflatable devices are prohibited.
- Use of dive masks and snorkels that cover an airway, by those younger than 18 years old, are prohibited.
- Monofins (including mermaid tails and similar swim equipment) are not permitted in the pool due to safety concerns.
- Diving and use of starting blocks are only permitted with a Y Coach or Y Instructor.
- Chairs and benches must remain against the wall at all times.
- **The Lifeguard's Word is Final.**

AQUATIC CONDUCT

Safety Breaks may be called at :45 past the hour during open/family swim using a short whistle blast followed by a long blast. Affected swimmers must exit the pool and may not re-enter until another short-long whistle signals the break is over.

We ask all individuals to act appropriately and follow our Member Code of Conduct at all times when they are using our facilities. Failure to follow this code, pool rules, supervision policies, or the lifeguard's directions for safety may result in removal from the pool area.

SWIM TESTING POLICY

Swimmers 6-14 are considered "red band" swimmers unless they complete a swim test. The swim test is made up of the following tasks:

- Perform a feet-first jump into deep water and tread water for 30 secs, keeping the head above water.
- Transition to back float and hold for 20 seconds.
- Swim 1 full length of the pool on front with correct form and breathing techniques.
- Exit the pool without using a ladder

To pass and achieve a green band, swimmers must complete all tasks without stopping, touching the wall, or showing signs of struggle. Swim tests are only conducted when a testing lifeguard is available. Lifeguards may verify age, test or retest any swimmer at any time. Their decisions are final.

BAND COLOR DEFINITIONS:

WHITE w/ red designs: All children ages 5 & younger

- Must be accompanied by an adult in the pool
- 1:2 adult to children ratio
- Second child must be in a coast guard approved lifejacket
- Adult must be within arm's reach actively supervising the child(ren) at all times

RED: Swimmers 6-14 who have not passed the swim test

- Children must stay in the designated shallow area of the pool in water that is no deeper than their armpits.
- Red swimmers must be accompanied by an adult to other areas of the pool in water that is no deeper than armpit level on the adult
- 1:2 adult to children ratio, adult must be within arm's reach actively supervising the child(ren))
- Red swimmers are not permitted in the deep end of the pool.

GREEN: Swimmers who pass the swim test

- May swim in any designated swim areas of the pool

YOUTH SUPERVISION GUIDELINES

Parent supervision on the pool deck depends on child's age. Akron Area YMCA Guidelines:

Children ages 5 and under:

- Parent/Guardian must be in the water within arm's reach actively supervising child(ren)
- Adult must be in proper swim attire
- Adult to child(ren) ratio must not exceed 1:2
- Second child must be in a coast guard approved lifejacket

Children ages 6-10:

- Parent/Guardian must be actively supervising child(ren) in the water
- If adult must leave the pool deck, children must exit with adult

Children ages 11 and over:

- Child(ren) may swim without parent supervision as long as proper conduct permits