



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

HODDING CARTER MEMORIAL YMCA

August 3, 2020 - August 30, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:30am Adult Lap Swim Masters Swim Lap Side J. Nunnery	9:00am-9:50am Aqua Fitness Family Side C. Johnson	5:30am-6:30am Adult Lap Swim Masters Swim Lap Side J. Nunnery	9:00am-9:50am Aqua Fitness Family Side C. Johnson	5:30am-6:30am Adult Lap Swim Masters Swim Lap Side J. Nunnery		
11:30am-1:30pm Free Swim Adult Lap Swim	11:30am-1:30pm Free Swim Adult Lap Swim	11:30am-1:30pm Free Swim Adult Lap Swim	11:30am-1:30pm Free Swim Adult Lap Swim	11:30am-1:30pm Free Swim Adult Lap Swim	Noon-2:00pm Free Swim Adult Lap Swim	1:00pm-3:00pm Free Swim Adult Lap Swim
5:00pm-7:00pm Free Swim Adult Lap Swim	5:00pm-7:00pm Free Swim Adult Lap Swim	5:00pm-7:00pm Free Swim Adult Lap Swim	5:00pm-7:00pm Free Swim Adult Lap Swim	5:00pm-7:00pm Free Swim Adult Lap Swim		
5:30pm-6:20pm Aqua Fitness Lap Side C. Johnson	5:30pm-6:20pm Aqua Fitness Lap Side C. Johnson		5:30pm-6:20pm Aqua Fitness Lap Side C. Johnson			

September Schedule TBA

Adult Lap Swim: There will be lane ropes in place for continuous swimming. The number of dedicated lanes will vary. 4 individuals per lane maximum allowed.

Free Swim: Space available for recreational activity. The amount of space will vary. Children under the age of 12 must be accompanied by an adult.

Aqua Fitness: Group exercise, led by an instructor.

Family Free Swim: Anyone under the age of 18 must be accompanied by their parent or guardian.

**When a name appears in a space, this is the leader at that time.
If no name appears, the pool is open and staffed but no leader for the designated activities.**

The pool has 2 sides. A lap side (larger pool) and a family side (smaller pool with stairs). The schedule will state a side for an activity. If no side is stated then that side is available for Free Swim.

POOL SCHEDULE AND NUMBER OF LANES OFFERED IS SUBJECT TO CHANGE WITHOUT NOTICE.



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POOL GUIDELINES

Our goal is SAFETY and the consideration of others.
Please help us by following these guidelines:

***Swimsuits must be worn for comfort and safety. Street clothes can NOT be worn in the pool.**

*The lifeguards are here for everyone's safety. Please follow their instructions at all times.

*Parents/guardians are responsible for supervising their children in and out of the pool.

*Children ages 12 & younger must be accompanied by an adult.

*Please use the restrooms for changing diapers or clothing.

*Walk on the pool deck.

*Enter the water feet first. For everyone's safety, do not dive.

*No breath-holding or horseplay in the pool.

*Lifeguards will conduct swim tests at their discretion.

*Glass is NOT permitted at the pool.

*For everyone's privacy, please do not take any photos or videos.

Lap swim etiquette must be followed at all times.

*Maximum number of swimmers per lane is 4.

*Stop and notify others before entering a lane. Slide into the water at the shallow end.

*Circle swim counter clock-wise and choose a lane appropriate for your speed.

*Be considerate to others, also when passing or resting at the walls, to maintain safety.

*Lap lanes are for continuous swimming; you may need to wait before entering or exiting a lane.



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662-335-7258 | ymcahcm.org



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