



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKWOOD POOL SCHEDULE –SEPTEMBER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---------|---|--|--|--|---|--|---|--|
| 6:00am | LAP Swim 6:00am-8:45am (All Lanes) | | Lap Swim 6:00am -8:45am | | LAP Swim 6:00am-9:00am (All Lanes) | | | |
| 8:00am | | LAP Swim 7:00am-8:55am (All Lanes) | | LAP Swim 7:00-8:55am (All Lanes) | | LAP Swim 7:00am-9:30am (All Lanes) | | |
| 9:00am | LAP Swim 9:00am-12:00pm (All Lanes) | Water Fitness 9:00-10:00 | Water Fitness 9:00-10:00 | Water Fitness 9:00-10:00 | LAP Swim 9:15am-12:00pm (All Lanes) | Lap Swim 9:30-12:00 3 Lanes | | |
| 10:00am | | 10:00-1:00 | Lap Swim 10:00-12:00pm (All Lanes) | 10:00-1:00 | | LAP Swim All Lanes | Swim Lesson 2 Lanes | |
| 11:00am | | Lap Swim All Lanes | | | | | Family/Lap 12:00-2:00pm Begins Sept. 11 | |
| 12:00pm | | | | | | | | |
| 1:00pm | | | | | | | | |
| 2:00pm | | | | | | | | |
| 3:00pm | | | | | | | | |
| 4:00pm | LAP Swim 4:00-7:00pm (All Lanes) | LAP Swim 4:00-5:45pm (All Lanes) | LAP Swim 4:00-7:00 (All Lanes) | LAP Swim 4:00-5:45pm (All Lanes) | LAP Swim 4:00-6:00pm (All Lanes) | | | |
| 5:00pm | | | | | | | | |
| 6:00pm | | Swim Lessons 5:45pm-7:30pm | | Swim Lessons 5:45pm-7:30pm | | | | |
| 7:00pm | | | | | | | | |

AQUATIC DATES

| Program | Registration Open | Start Date | End Date |
|----------------|--------------------------|------------|----------|
| Lap Swim | No Registration Required | | |
| Swim Lessons | Aug. 23 | Sept. 13 | Oct. 23 |
| Water Aerobics | Aug. 23 | Sept. 1 | Sept. 30 |

Drop In Lap Lanes: Labelled in Green. These times are for members to drop in and swim. These will be on a first come first serve basis. Lap Lanes are for only 2 per lane and ages 13 and up.

★ Family Swim: Is open swim time for families. Please view pool rules on next page.

Water Fitness: Reservation required* Great for all fitness levels, No swimming ability required. Free for YMCA Members

Swim Lessons: Please View Swim Lesson Schedule for times and pricing



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PARKWOOD POOL RULES

RULES & GUIDELINES

Please take a soap shower before entering the pools.

Proper swim attire is required. No cut-offs, sweats, cotton shorts, t-shirts are allowed, but must have swim suit with liner underneath.

Children 13 & under will be given a bracelet identifying them as a swimmer or non-swimmer.

Only Coast Guard approved life jackets are allowed. Children wearing life jackets must remain within an arms-length of an adult (18 years or older) at all times.

No diving in any pool.

No food or glass containers are allowed on the pool deck.

AGE GUIDELINES

0-4 years old must have an adult 18 years or older no more than an arms length away from their child in the water

5-7 years old must have an adult 18 years or older sit poolside.

8-12 years old must have a parent in the building

SWIM TEST

All children 12 & under wanting to use the lap pool or slide must be swim tested. The swim test shall consist of jumping in at the deeper end of the lap pool, swimming half the length of the pool on their front, rolling to their back and swimming the remaining half length of the pool on their back and then tread water for 30 seconds. Children who pass the test will be given a green bracelet to identify them as a swimmer. All non-swimmers must wear a red bracelet.

LAP LANES

Lap lanes are for ages 13 & up who wish to have continuous motion for 25 yards.

Lap swimmers may be asked to share or "circle swim" at the lifeguard's discretion.

Walkers may be asked to share lap lanes.

INCLEMENT WEATHER POLICY

If inclement weather occurs, please check with the facility for any closing/cancellations notices. You may also visit our website, Facebook page, or text alerts for more information. In the case of lightning or thunder, our pools will be close 30 minutes after the last lightning strike or thunder is heard.