

# BROWN COUNTY YMCA POOL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>Open Swim</b> <b>5:30 AM-2:00 PM</b>	<b>Open Swim</b> <b>5:30 AM-2:00 PM</b>	<b>Open Swim</b> <b>5:30 AM-2:00 PM</b>	<b>Open Swim</b> <b>5:30 AM-2:00 PM</b>	<b>Open Swim</b> <b>5:30 AM-2:00 PM</b>		
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
8:00 AM	Aqua Power 8:00-9:00am		Aqua Power 8:00-9:00am		Aqua Power 8:00-9:00am	<b>Open Swim</b> <b>8 AM-1:00 PM</b>	
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	<b>Silver Sneakers Splash</b> <b>10:00-10:45am</b>		<b>Silver Sneakers Splash</b> <b>10:00-10:45am</b>		<b>Silver Sneakers Splash</b> <b>10:00-10:45am</b>		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
2:00 PM	<b>CLOSED</b> <b>2:00-4:00 PM</b>	<b>CLOSED</b> <b>2:00-4:00 PM</b>	<b>CLOSED</b> <b>2:00-4:00 PM</b>	<b>CLOSED</b> <b>2:00-4:00 PM</b>	<b>CLOSED</b> <b>2:00-4:00 PM</b>	<b>CLOSED at</b> <b>1:00 PM</b>	
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
4:00 PM	<b>Open Swim</b> <b>4:00-8:30 PM</b>	<b>Open Swim</b> <b>4:00-8:30 PM</b>	<b>Open Swim</b> <b>4:00-8:30 PM</b>	<b>Open Swim</b> <b>4:00-8:30 PM</b>	<b>Open Swim</b> <b>4:00-6:30 PM</b>		
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
5:30 PM		Intense Aqua 5:30-6:30pm		Intense Aqua 5:30-6:30pm		<b>CLOSED at 6:30 PM</b>	
6:00 PM							
6:30 PM							
7:00 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
8:30 PM	<b>CLOSED at 8:30 PM</b>	<b>CLOSED at 8:30 PM</b>	<b>CLOSED at 8:30 PM</b>	<b>CLOSED at 8:30 PM</b>			

**Some lap-swimming lanes may close for swim lessons.**

**All aqua fitness classes are held on the east side of the pool.**

**Due to unforeseen circumstances, the pool, steam room, and/or sauna may close without warning.**

**Must be 15 yrs or older for Sauna and Steam room.**

**Please check us out on Facebook or contact the front desk for the most up-to-date information 812-988-9622.**

**Pool length = 25 yards/75 ft**

**1 lap = 2 lengths = 50 yards**

**1 mile = 1760 yards = ca. 35 laps**



## POOL FACTS

The YMCA's 25-yard pool features a water temperature of 82-84 degrees Fahrenheit, 4 lap-swimming lanes, and an area for open/family swim and aqua fitness classes.

## OPEN SWIM

Open Swim is a time when no aqua fitness classes are scheduled. The east side of the pool is the designated open/family swim area.

## PROPER SWIMSUIT ATTIRE

Only attire designed for use in the water is allowed. For example, swimsuits, rash-guard shirts, board shorts, and swim trunks with a lining. Inappropriate attire includes, but is not limited to: gym/basketball shorts, underwear and/or boxer shorts, sports bras, cotton clothing items of any kind, and lifeguard gear. Children who are **not** toilet trained and persons experiencing incontinence must wear a swim diaper and rubber swim pants that fit snugly at the waist and legs with their swimwear.

## EQUIPMENT

The Y has kickboards, pull buoys, Coast Guard approved life jackets, a limited number of goggles, and miscellaneous toys for member and guest use. Please do not use equipment labeled "**class use only.**"

## FLOATATION DEVICES AND TOYS

Floatation devices and pool toys are welcome at the Y's pool under the following guidelines:

- Only US Coast Guard approved floatation devices are allowed. Inflatable water wings are prohibited.
- Floatation devices and/or pool toys will be allowed at the lifeguard's discretion and must be clean and free of any debris.
- Inflatable rafts/rings are prohibited.

## LIFEGUARDS

The Y's lifeguards are American Red Cross certified with the goal of providing patrons with a safe, clean atmosphere in which families can enjoy aquatic fitness.

## ADULT SUPERVISION

Parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all.

## YOUTH SWIM POLICY

The following guidelines apply to all children not participating in a Y-supervised program while in the aquatics center. "Supervising Individuals" are defined as persons 18 years of age or older.

**AGE 7 & under:** Direct supervision is required. Direct supervision is defined as having a supervising individual in the water at all times with the child.

**AGE 8-10 with successful completion of a swim test:** Active supervision is required. Active supervision is defined as having a supervising individual in the aquatics center at all times with the child.

**AGE 11+ with successful completion of a swim test:** Direct or active supervision is not required. A supervising individual need not remain in the YMCA facility.

Children of any age who cannot demonstrate adequate swimming skills to a lifeguard must be accompanied by a parent/adult in the water.

## YOUTH SWIM TEST

Swim tests will be given at the discretion and availability of the lifeguard.

The swim tests consist of:

- Jumping into the deep end & returning to the side
- Swimming one length of the pool in good form.
- Treading water for one minute without touching the bottom or side of the pool.

# AQUATICS CENTER



**Brown County Community YMCA**

**812.988.9622**

105 Willow St, Nashville, IN 47448