

BROWN COUNTY YMCA POOL SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|--|--|--|---|--------|
| 5:30 AM | Open Swim 5:30 AM-2:00 PM | Open Swim 5:30 AM-2:00 PM | Open Swim 5:30 AM-2:00 PM | Open Swim 5:30 AM-2:00 PM | Open Swim 5:30 AM-2:00 PM | | |
| 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 | Open Swim 7 AM-4:30 PM | |
| 8:30 AM | | | | | | | |
| 9:00 AM | | | | | | | |
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| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | Open Swim 4:00-8:30 PM | Open Swim 4:00-8:30 PM | Open Swim 4:00-8:30 PM | Open Swim 4:00-8:30 PM | Open Swim 4:00-6:30 PM | | |
| 4:30 PM | | | | | | | |
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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.

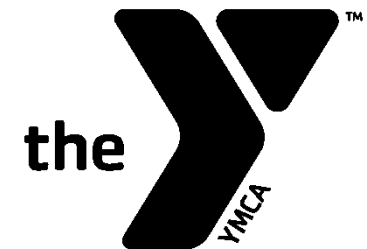
YOUTH SWIM TEST

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