



September

Hendersonville Family YMCA

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday					Time																																							
Lane #	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane #																																							
5:30-6 AM	Independent Exercise	Lap Swim				Independent Exercise	Lap Swim				Independent Exercise	Lap Swim				Independent Exercise	Lap Swim				Independent Exercise	Lap Swim				YMCA Closed					EXTENDED POOL HOURS BEGINNING SATURDAY, SEPTEMBER 9					5:30-6 AM																																							
6-7 AM																																				6-7 AM																																							
7-8 AM																										7-8 AM																																																	
8-9 AM																										8-9 AM																																																	
9-10 AM	Aqua Tabata					Hydro-burn					Aqua Tabata					Hydro-burn					Aqua Tabata					9/2	Fall I Swim Lessons									9-10 AM																																							
10-11 AM	Cardio Splash					Aqua Tabata					Cardio Splash					Independent Exercise	Lap Swim				Cardio Splash															10-11 AM																																							
11-12 PM	Fluid Movement					Independent Ex.	Lap Swim				Fluid Movement										Fluid Movement											Independent	Lap Swim				11-12 PM																																						
12-1 PM	Independent Exercise	Lap Swim									Independent	Lap Swim									Independent	Lap Swim															Open Swim					12-1 PM																																	
1-2 PM																Lap Swim										Open Swim	Lap Swim				Open Swim						Lap Swim				Open Swim					Lap Swim				1-2 PM																									
2-3 PM						Lap Swim														Open Swim																														Lap Swim				Open Swim	Lap Swim				Open Swim					Lap Swim				2-3 PM							
3-4 PM	Lap Swim									Open Swim	Lap Swim										Open Swim											Lap Swim				Open Swim																																Lap Swim				3-4 PM			
4-5 PM					Lap Swim										Open Swim							Lap Swim				Open Swim					Lap Swim																																									Open Swim			
5-6 PM																Lap Swim				Open Swim							Lap Swim														Open Swim	Lap Swim				Open Swim								Lap Swim																					
6-7 PM									Lap Swim												Open Swim																														Lap Swim							Open Swim	Lap Swim				Open Swim												
7-8 PM	Lap Swim												Open Swim	Lap Swim												Open Swim									Lap Swim				Open Swim																													Lap Swim							
8-9 PM					Lap Swim															Open Swim		Lap Swim									Open Swim	Lap Swim																																								Open Swim			
Lane #																		1	2		3						4	5	1	2														3	4	5	1	2	3	4					5	1	2	3																	

Lap Swim	Independent Exercise	Swim Lessons	Open Swim
Aqua Fitness	Swim Team	Specialty	

UPCOMING EVENTS:

- 9/2 Adult Swim Clinic
\$25 members/\$35 nonmembers
- Piranhas Swim Team
begins September 5
- Fall I Swim Lessons
September 6 - October 21
- High School Swim Season
Late October - Mid March

Contact Aquatics Director Eryn Warden with any questions: ewarden@ymcawnc.org

HENDERSONVILLE FAMILY Y
810 6th Ave. W
Hendersonville, NC 28739
828 697 9622 • ymcawnc.org

MAX CAPACITY: 25 | Please note the schedule and lane space is subject to change at any time.

LIFEGUARD BREAK: Our Y is a one-guard pool. Lifeguards have the ability to close the pool for 10 minutes in the event that they need a break and have no coverage. Please respect the lifeguard and obey all directions.

ANSWERING THE CALL

60%

OF YOUTH
DROWNING
INCIDENTS
OCCUR WITHIN
10 FT.
OF SAFETY

www.safekids.org/sites

2

CHILDREN
DIE EACH
DAY AS A
RESULT OF
DROWNING



www.cdc.gov/injury/wisqars/

88%

OF CHILDREN
WHO DROWN
ARE UNDER
**SOME FORM OF
SUPERVISION**

www.safekids.org/sites

Drowning is the leading cause of unintentional injury death among children aged 1–4 years and one of the top three causes among persons aged ≤29 years.

4

www.cdc.gov

POOL RULES

Shower before entering the pool and after the use of toilet facilities.

After showering, please dry off completely when exiting the showers into the locker room area.

Inflatable flotation devices are not permitted.

Walk. Do not engage in rough play.

Please do not enter the pool if you have a communicable disease or open cut.

No glass, food, gum, tobacco, or animals are allowed on the pool deck.

Proper swim attire must be worn at all times.

Children not toilet-trained are required to wear a swim diaper covered by a tight topped suit or plastic pants.

Diaper changing on the pool deck is not permitted.

Please obey all requests made by lifeguards.

Cameras, cell phones, and other electronic devices are not allowed on the pool deck.

Street shoes are not allowed on the deck.

SAUNA AND HOT TUB RULES

Please shower before using spa amenities.

Max. Capacity of three (3) people in hot tub.

Do not pour water in the sauna- our sauna is a dry sauna.

Must be 16 years or older to use these facilities.

Swim attire must be worn- full length clothing is not permitted. No street shoes.

No electronic devices are allowed in these areas.

Do not exercise in the sauna.

Persons under the influence of alcohol, tranquilizers or any drugs that cause drowsiness, or raise/lower blood pressure should not enter the spa area.

Please shower after leaving the sauna/spa if entering the pool.

There is a shower on the pool deck.

Persons who behave inappropriately will be asked to leave.

There is a 10 minute limit on the Hot Tub.

LAP LANES

Lap lanes are for continuous lap swimming only—including standard strokes and kicking. Please use open swim times/independent exercise for water jogging, water walking, etc. Lap swimmers should share the lanes with other members in a respectful manner.

EQUIPMENT

Kickboards, pull buoys and fins are for lap swim use only.

Exercise equipment to be used by ages 16+ for exercise purposes only.

Noodles are to be used for flotation and exercise classes only.

Approved lifejackets are available for use.

Equipment should not be used to roughhouse or for horseplay.

CHILD SUPERVISION

Children Under age 7

An adult must be within arm's reach of the child at all times.

Children Ages 7–9

If the child passes the swim test, they may be in the pool with a responsible adult in the pool area. Otherwise a guardian must be in the pool.

Children Ages 10–12

Child must pass a swim test or wear a lifejacket and may be in the pool area without a responsible adult.

OPEN SWIM will not be available during swim lessons, swim team, and water fitness classes.

SWIM TEST

Any child under the age of 13 wishing to swim **in water deeper than chest depth** must pass the swim test or wear a lifejacket:

- Jump into the shallow end, ducking head under water.
- Swim 25 yards.
- Tread water for 1 minute.

Swim tests must be completed every visit. The lifeguard has the authority to withhold or revoke access to any area of the pool to maintain safety.

