



October Pool Schedule

Black Mountain YMCA

GO ONLINE FOR MOST
RECENT COPY OF
SCHEDULE - SCHEDULE CAN
CHANGE ANYTIME

| 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 # | | | | | | | | | | | | | | |
| 6-7 AM | Lap Swim lane lines move at 9:50am Ind. EX. | | | | | Lap Swim lane lines move at 9:50am Ind EX. | | | | | Lap Swim lane lines move at 9:50am Ind. EX. | | | | | Lap Swim lane lines move at 9:50am Ind. EX. | | | | | Lap Swim lane lines move at 9:50am Ind. EX. | | | | | Pool Closed | | | | | Pool Closed | | | | | 6-7 AM | | | | | | | | | | | | | | |
| 7-8 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7-8 AM | | | | | | | | | | | | | | |
| 8-9 AM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 8-9 AM | | | | | | | | | | | | | | |
| 9-10 Am | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 9-10 AM | | | | | | | | | | | | | | |
| 10-11 AM | Hydro Burn deep water | | | | | Aqua Tabata | | | | | Cardio Splash | | | | | Cardio Splash | | | | | Cardio Splash | | | | | Lap Swim starts at 9:40am | Swim Lessons | | | | | | | | | 10-11 AM | | | | | | | | | | | | | | |
| 11-12 PM | Lap Swim | | | | | Open Swim | | | | | Lap Swim | | | | | Open Swim | | | | | Lap Swim | | | | | | | | | | | | | | | 11-12 PM | | | | | | | | | | | | | | |
| 12-1 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 12-1 PM | | | | | | | | | | | | | | |
| 1-2 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 1-2 PM | | | | | | | | | | | | | | |
| 2-3 PM | Lap Swim | | | | | Open Swim | | | | | Lap Swim | | | | | Open Swim | | | | | Lap Swim | | | | | Open Swim | | | | | | | | | | During Group Swim Lessons, we will have Adult DEEP END ONLY Ind. Ex. | | | | | Lap Swim | | | | | 2-3 PM | | | | |
| 3-4 PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 3-4 PM | | | | | | | | | |
| 4-5 PM | Lane lines move at 5:20pm | | | | | Piranhas | | | | | Swim Lessons | | | | | Piranhas | | | | | Ind. EX. | | | | | Private Lessons | | | | | Pool Closed | | | | | | | | | | | | | | 4-5 PM | | | | | |
| 5-6 PM | Aqua Tabata | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 5-6 PM | | | | | | | | | | | | | | | | |
| 6-7 PM | Piranhas | | | | | Lap Swim | | | | | Ind EX. | | | | | Private Lessons | | | | | Pool Closed | | | | | | | | | | | | | 6-7 PM | | | | | | | | | | | | | | | | |
| 7-7:30 PM | Lap | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 7-7:30 PM | | | | | | | | | | | | | | | | |
| | During Group Swim Lessons, we will have Adult DEEP END ONLY Ind. Ex. | | | | | Pool Closed | | | | | During Group Swim Lessons, we will have Adult DEEP END ONLY Ind. Ex. | | | | | Pool Closed | | | | | Pool Closed | | | | | During Group Swim Lessons, we will have Adult DEEP END ONLY Ind. Ex. | | | | | Pool Closed | | | | | POOL HOURS Mondays - 6:00a-7:30p Tuesdays - 6:00a- 7:30p Wednesdays - 6:00a- 7:30p Thursdays - 6:00a-7:30p Fridays – 6:00a –6:30p Saturdays 8:00a – 1:30p Sundays -1:00p-4:30p | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Lap Swim | | | | | Independent Exercise | | | | | Swim Lessons | | | | | Open Swim | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Aqua Fitness | | | | | Swim Team | | | | | Specialty | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

POOL HOURS

Mondays - 6:00a-7:30p
Tuesdays - 6:00a- 7:30p
Wednesdays - 6:00a- 7:30p
Thursdays - 6:00a-7:30p
Fridays - 6:00a -6:30p
Saturdays 8:00a – 1:30p
Sundays -1:00p-4:30p

Contact Aquatics Manager Lizzy Wheeler with any questions: lwheeler@ymcawnc.org

BLACK MOUNTAIN YMCA
25 Jane Jacobs Road
Black Mountain, NC 28711

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.

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www.cdc.gov

POOL RULES

Please obey all requests made by lifeguards.

Street shoes are not allowed on the deck.

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.

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

Photography on the pool deck is prohibited.

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.

SAUNA AND HOT TUB RULES

Please shower before using spa amenities.

Must be 16 years or older to use these facilities.

Swim attire must be worn- full 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 strict 10 minute limit on the Hot Tub. Recommended time limit for Sauna is 10-15 minutes.

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.

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 Ages 0–6

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. If they don't pass swim test they must remain in the shallow end.

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.

*If child does not pass swim test they must remain in shallow end.