



# March

## Hendersonville Family YMCA

LIFEGUARD CLASS  
March 24-27

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	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					SPA AREA CLOSED until 8 a.m. Wednesdays and Saturdays for cleaning					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		Lap Swim			Aqua Tabata				Hydro-burn		Lap Swim			Aqua Tabata		Lap Swim			YMCA Closed					9-10 AM											
10-11 AM	Cardio Splash				Aqua Tabata					Cardio Splash				Hydro-burn					Cardio Splash										10-11 AM											
11-12 PM	Fluid Movement				Lap Swim					Fluid Movement				HCPS Safety Around Water 3/7 - 3/21					Fluid Mvmt										Lap Swim			11-12 PM								
12-1 PM	Independent Exercise	Lap Swim								Independent Exercise	Lap Swim								Independent Exercise	Lap Swim												Independent Exercise	Lap Swim				12-1 PM			
1-2 PM																	1-2 PM																							
2-3 PM																	2-3 PM																							
3-4 PM						3-4 PM																																		
4-5 PM	Swim Lesons	Lap Swim				Lap Swim	Piranhas			Open Swim+ Special Olympics	Swim Lessons		Lap Swim	Piranhas			Lap Swim	Piranhas			2.27.24					Closed					4-5 PM									
5-6 PM																					5-6 PM																			
6-7 PM	Lap Swim					Piranhas				Hydro-burn			Lap Swim				Hydro-burn				Lap Swim			Open Swim	Lap Swim			UPCOMING EVENTS: -Women's Locker Rooms close daily 1:45-2:00 p.m. -3/9 Adult Swim Clinic \$25 members/\$35 non-members -Lifeguard Class March 25 - 29 limited lane space available -Spring I Swim Lessons 2/18 - 4/20 -Open Kayak free for members/\$20 for non-members. For guided program check H2ODreams > h2odreams.com<					6-7 PM							
7-8 PM										Open Swim							Lap Swim																Open Swim	Lap Swim		Closed				
8-9 PM		Closed									8-9 PM																													
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	Lane #				
	Lap Swim					Independent Exercise					Swim Lessons					Open Swim																								
	Aqua Fitness					Swim Team					Specialty																													

Contact Aquatics Director Eryn Warden with any questions: [ewarden@ymcawnc.org](mailto: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](http://www.safekids.org/sites)

**2** CHILDREN  
DIE EACH  
DAY AS A  
RESULT OF  
DROWNING



[www.cdc.gov/injury/wisqars/](http://www.cdc.gov/injury/wisqars/)

**88%**  
OF CHILDREN  
WHO DROWN  
ARE UNDER  
**SOME FORM OF  
SUPERVISION**

[www.safekids.org/sites](http://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](http://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.

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.

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.

