



April 1st-7th Pool Schedule  
**\*Buncombe County Schools SPRING BREAK\***  
 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	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 9:40a- 11:00a		Lessons								10-11 AM										
11-12 PM	Lap		Open Swim			Lap		Open Swim			Lap		Open Swim			Lap		Open Swim			Open swim starts at 11:00a					Open Swim										11-12 PM										
12-1 PM																																				12-1 PM										
1-2 PM	Lap  Open Swim					Lap  Open Swim					Lap  Open Swim					Lap  Open Swim					Lap  Open Swim															Open swim starts at 11:00a					Open Swim					1-2 PM
2-3 PM																																														2-3 PM
3-4 PM	lane lines move at 5:20p  Open Swim					Lap  Swim					lane lines move at 5:20p  Open Swim					Lap  Swim					Lap  Swim					Lessons										Open					Lap Swim		Open			3-4 PM
4-5 PM																															4-5 PM															
5-6 PM	Aqua Tabata					SL  Lap  Open  Swim					Cardio Splash 5:30-6:15pm					Swim Lessons					Lessons					Open					During Group SLs we will have Adult DEEP END ONLY Ind. Ex. <u>NO RAMP ACCESS</u>					Pool Closed					5-6 PM					
6-7 PM	Lap		Open								Lap		Open																							Lap		Open			Lessons					Open
7-7:30 PM	Lap		Open			Lap		Open			Lap		Open			Lessons					Open					Pool Closed										Pool Closed										
	During Group SLs we will have Adult DEEP END ONLY Ind. Ex. <u>NO RAMP ACCESS</u>					During Group SLs we will have Adult DEEP END ONLY Ind. Ex. <u>NO RAMP ACCESS</u>					During Group SLs we will have Adult DEEP END ONLY Ind. Ex. <u>NO RAMP ACCESS</u>					Pool Closed					Pool Closed					Pool Closed										Pool Closed					Pool Closed					
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					Private SL																																			

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](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

**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.