



January Pool Schedule

**** Pool schedule is subject to change without notice due to staffing and weather ****

Pool schedule is subject to change without notice

Corpening Memorial YMCA

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Time |
|----------|-----------------|-----------------|-----------------|-----------------|----------------------|-----------------|-----------------|----------|
| Lane # | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 | 1 2 3 4 5 6 7 8 | Lane # |
| 6-7 AM | Open Swim | Lap Swim | Open Swim | Lap Swim | Open Swim | Lap Swim | Closed | 6-7 AM |
| 7-8 AM | Open Swim | Lap Swim | Open Swim | Lap Swim | Open Swim | Lap Swim | Closed | 7-8 AM |
| 8-9 AM | Open Swim | Lap Swim | Open Swim | Lap Swim | Open Swim | Lap Swim | Closed | 8-9 AM |
| 9-10 AM | Fluid Movement | Fluid Movement | Fluid Movement | Fluid Movement | Fluid Movement | Open Swim | Closed | 9-10 AM |
| 10-11 AM | SPLASH | SPLASH | SPLASH | SPLASH | Private Swim | Lap Swim | swim lessons | 10-11 AM |
| 11-12 PM | SPLASH | SPLASH | SPLASH | SPLASH | SPLASH | Open Swim | swim lessons | 11-12 PM |
| 12-1 PM | Open Swim | Lap Swim | Open Swim | Lap Swim | Open Swim | Lap Swim | Open Swim | 12-1 PM |
| 1-2 PM | Open Swim | Lap Swim | Open Swim | Lap Swim | Open Swim | Lap Swim | Open Swim | 1-2 PM |
| 2-3 PM | Closed | | | | | Open Swim | Lap Swim | 2-3 PM |
| 3-4 PM | Closed | | | | | Open Swim | Lap Swim | 3-4 PM |
| 4-5 PM | Cardio Splash | Lap Swim | Open Swim | Lap Swim | Piranhas | Cardio Splash | Lap Swim | 4-5 PM |
| 5-6 PM | Open Swim | Titans | Lap Swim | Piranhas | private swim lessons | Open Swim | Lap Swim | 5-6 PM |
| 6-7 PM | Open Swim | Titans | Lap Swim | Piranhas | private swim lessons | Open Swim | Lap Swim | 6-7 PM |
| 7-8 PM | Open Swim | Titans | Lap Swim | Piranhas | private swim lessons | Open Swim | Lap Swim | 6-7 PM |
| 8-9 PM | Closed | Closed | Closed | Closed | Closed | Closed | Closed | 8-9 PM |

Splash runs from January 13th to March 7th from 10:30am-12pm. We have no open swim and limited lap swim at that time.

| | | | |
|----------|-----------|--------------|-----------|
| Lap Swim | Open Swim | Swim Lessons | Camp Swim |
| Group Ex | Swim Team | Y Splash | Specialty |

Contact Aquatics Director Bre Treadway with any questions: btreadway@ymcawnc.org

CORPENING MEMORIAL YMCA

348 Grace Corpening
Marion NC 28752

MAX CAPACITY: 50 | 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.

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.

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:

- Start in shallow end
- Swim 25 yards
- Climb out, jump in deep end
- Tread water for 1 minute

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

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.

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- please ask for one if you do not have one
- 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
- Photography on the pool deck is prohibited

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: If a child passes the swim test, they may be in the pool alone. A responsible adult must be in the building. If they don't pass the swim test, and adult must be with them in the water or they must wear a lifejacket.