



# March Pool Schedule

\*\* Pool schedule is subject to change without notice, see lifeguard for details \*\*

Interested in swim lessons?  
Inquire at the front desk

## Black Mountain 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 #								
6-7 AM	Lap Swim					Lap Swim					Pool Closed					6-7 AM
7-8 AM	Lap Swim					Lap Swim					Pool Closed					7-8 AM
8-9 AM	Lap Swim Ind. EX.	Lap Swim Ind. EX.	Lap Swim Ind. EX.	Lap Swim Ind. EX.	Lap Swim Ind. EX.	Lanes move at 8:50a Ind. Ex.	Pool Closed					8-9 AM				
9-10 AM	Lanes move at 9:50a Ind. EX.	Lanes move at 9:50a Ind. EX.	Lanes move at 9:50a Ind. EX.	Lanes move at 9:50a Ind. EX.	Lanes move at 9:50a Ind. EX.	LESSONS						9-10 AM				
10-11 AM	Hydro Burn deep water	Aqua Tabata	Cardio Splash	Cardio Splash	Cardio Splash	Lap Swim @9:40a LESSONS	Pool Closed					10-11 AM				
11-12 PM	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim						Lap Swim	Open Swim	11-12 PM		
12-1 PM							12-1 PM									
1-2 PM	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Pool Closed	Lap Swim	Open Swim	1-2 PM						
2-3 PM										2-3 PM						
3-4 PM	Lap Swim	Open Swim	Lap Swim	Open Swim	Lap Swim	Open Swim	Pool Closed	Lap Swim	Open Swim	3-4 PM						
4-5 PM										4-5 PM						
5-6 PM	Lanes move at 5:20p Open Swim	Piranhas	Lanes move at 5:20p Open Swim	Piranhas	Lap Swim	Open Swim	Pool Closed	Lap Swim	Open Swim	5-6 PM						
6-7 PM	Cardio Splash 5:30-6:15p	Lap Swim	Aqua Tabata 5:30-6:15p	Piranhas	Lap Swim	Open Swim				During Group SLs we will have Adult DEEP END ONLY Ind. Ex. NO RAMP ACCESS	6-7 PM					
7-7:30 PM	Piranhas Lap Open	Lap Swim Open	Piranhas Open	Lap Swim Open	Pool Closed					7-7:30 PM						
	Pool Closed					Pool Closed					Pool Closed					
	Pool Closed					Pool Closed					Pool Closed					

**Announcements:**  
Due to swim lessons and Piranhas practice, lane availability will be limited in the afternoons.

Lap Swim	Independent Exercise	Swim Lessons	Open Swim
Group Ex	Swim Team	Specialty	Safety Around Water

Contact Aquatics Manager Madison Swickle with any questions: mswickle@ymcawnc.org

## BLACK MOUNTAIN YMCA

25 Jane Jacobs Road  
Black Mountain, NC 28711  
828 552 3620 • ymcawnc.org

MAX CAPACITY (Pool+ Spa): 25

Please note the schedule and lane space is subject to change at any time.

## POOL HOURS

Monday - Thursday: 6 AM - 7:30 PM

Friday: 6 AM - 6:30 PM

Saturday: 8 AM - 1:30 PM

Sunday: 1 PM - 4:30 PM

# 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; we provide Coastguard

Approved Life Jackets and puddle jumpers.

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 - no cotton shirts/shorts.

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.

## LAP SWIM

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.

Please warn other person in lane before you start sharing

## 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.

## 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; the lifeguard may ask you to get out if you have been in for too long.

Recommended time limit for Sauna is 10-15 minutes.

## 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:

- Jump into the shallow end, ducking head under water.

- Swim 25 yards on stomach without stopping.

- Tread water for 1 minute.

Swim tests must be completed once every 3 months and are valid at all YMCANNC pools. Receive a swim band from the front desk the next time you come to swim after passing.

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.

**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.