



March **SPRING BREAK** Pool Schedule

SPRING BREAK March 16 - 22

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	1	2	3	4	5	Lane #
5:30-6 AM	Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Closed					Closed					5:30-6 AM					
6-7 AM	Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Closed					Closed					6-7 AM					
7-8 AM	Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Closed					Closed					7-8 AM
8-9 AM	Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Ind. Ex. Lap Swim					Closed					Closed					8-9 AM
9-10 AM	Aqua Tabata					Hydro Burn					Aqua Tabata					Hydro Burn					Aqua Tabata					Swim Lessons					Closed					9-10 AM					
10-11 AM	Cardio Splash					Aqua Power Fusion					Cardio Splash					Independent Exercise Lap Swim					Cardio Splash					Swim Lessons					Closed					10-11 AM					
11-12 PM	Fluid Movement					Independent Exercise Lap Swim					Fluid Movement					Independent Exercise Lap Swim					Fluid Movement					Swim Lessons					Lap Swim					11-12 PM					
12-1 PM	Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Open Swim Lap Swim					Lap Swim					12-1 PM					
1-2 PM	Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Open Swim Lap Swim					Hydro Burn					1-2 PM					
2-3 PM	Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Open Swim Lap Swim					HZU Dreams Kayak					2-3 PM					
3-4 PM	Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Independent Exercise Lap Swim					Open Swim Lap Swim					Lap Swim					3-4 PM					
4-5 PM	Open Swim					Open Swim Piranhas					Open Swim					Lap Swim Piranhas					Lap Swim Piranhas					Open Swim Lap Swim					Closed					4-5 PM					
5-6 PM	Open Swim					Open Swim Piranhas					Open Swim					Lap Swim Piranhas					Lap Swim Piranhas					Open Swim Lap Swim					Closed					5-6 PM					
6-7 PM	Lap Swim Piranhas					Hydro Burn					Lap Swim Piranhas					Hydro Burn					Open Swim Lap Swim					Open Swim Lap Swim					<p>Thank you for swimming at the Y. We are in need of lifeguards! Scan the QR code on the back to register for lifeguard courses. Apply online for job opportunities at ymcawnc.org/careers Jeff Bledsoe will be happy to welcome you to the aquatics team.</p>					6-7 PM					
7-8 PM	Lap Swim Piranhas					Open Swim Lap Swim					Lap Swim Piranhas					Open Swim Lap Swim					Open Swim Lap Swim					Closed										7-8 PM					
8-9 PM	Closed					Closed					Closed					Closed					Closed					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	1	2	3	4	5	1	2	3	4	5	Lane #
	Lap Swim					Independent Exercise					Swim Lessons					Open Swim																									
	Group Ex					Swim Team					Seasonal Program																														

Contact Aquatics Director Jeff Bledsoe with any questions: jbledsoe@ymcawnc.org

HENDERSONVILLE FAMILY YMCA

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MAX CAPACITY: 25

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

POOL HOURS

Mon-Thurs 5:30 a.m. – 8:30 p.m.
Friday 5:30 a.m. – 7:30 p.m.
Saturday 7 a.m. – 4:30 p.m.
Sunday 11 a.m. – 4:30 p.m.

NOW HIRING LIFEGUARDS

Help people stay safe and confident around water as a YMCA lifeguard!

Lifeguard certification courses provided by the Y.



Scan to find current job opportunities here.

Scan to find lifeguard courses here.



ymcawnc.org

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.

Photography on the pool deck is prohibited.

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.

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 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. Maximum of two people may use at one time.

Recommended time limit for Sauna is 10-15 minutes.

Maximum of four people may use at one time.

CHILD

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.

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.

