the	e build		May 19-25 Pool Schedule ** Pool schedule is subject to change without notice, see lifeguard for details ** Black Mountain YMCA									swim lee	Interested in swim lessons? Inquire at the front desk	
Time	Mond		Tueso		Wedne				Frid		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		Lap		Lap		Lap		Lap		Pool		6-7 AM	
7-8 AM	Swim		Swim		Swim		Swim		Swim		Closed		7-8 AM	
8-9 AM	Lap Swim	EX.	Lap Swim	a.	Lap Swim	a.	Lap Swim	a. X	Lap Swim	a.	Lanes move at 8:50a		8-9 AM	
9-10 Am	Lanes move at 9:50a	Ind.	Lanes move at 9:50a	ν UT	Lanes move at 9:50a	UT TU	Lanes move at 9:50a	TD(	Lanes move at 9:50a	ΩŢ Ĺ	ESSONS	Pool Closed	9-10 AM	
10-11 AM	Hydro Burn deep water		Aqua Tabata		Cardio Splash		Cardio Splash		Caro Spla		_		10-11 AM	
11-12 PM		ſ			Ę	_	Ļ	ر	Ę	_	ap Swim Obeu		11-12 PM	
12-1 PM	Swim	Swim	vin	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim		12-1 PM	
1-2 PM	Sv		Swir		Sv		Sv		S	S S		e E	1-2 PM	
2-3 PM	ap	Open	ap	pen	ap	Open	ap	)pen	ap	ber	Pool	<mark>Swim</mark> Swim	2-3 PM	
3-4 PM		0		10		O		0		0	Closed	Lap Open	3-4 PM	
4-5 PM	Lanes	LESSONS	Piranhas	٨		LESSONS	has	im	Swim	Swim	During Crown	O	4-5 PM	
5-6 PM	move at 5:20p Cardio S	plash	Pirar	SAW	SAW	LES	Piranhas	Swim	Lap Sv	pen S	During Group SLs we will have Adult DEEP END ONLY Ind. Ex.	Pool Closed	5-6 PM	
6-7 PM	5:30-6: se		Lap Swim	Open	las	Open		pen	Ľ	Ō	<u>NO RAMP</u> <u>ACCESS</u>	1 2 3 4 5	6-7 PM	
7-7:30 PM	Piranhas Lap	Open	Là Sw	dO	Piranhas	0	Lap Swim	dO	Pool		Lane lines move	Announce Due to swim		
	Pool		Pool		Pool		Pool		Closed		10 minutes before scheduled activity	and Pira	nhas	
												practice,		
	Closed		Closed		Closed		Closed					availability limited ir		
						Closed		Closed				afternoo		
Lane #	1 2 3	4 5	123	4 5	123	4 5	123	45	123	45	1 2 3 4 5			
			ap Swir		Independ				Lessons		Open Swim			
			•					-			-			
	C.		Group Ex	^	Swift	n Tea		She	ecialty	5	Safety Around Wate			

Contact Aquatics Manager Mallory Ament with any questions: mament@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**



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

### 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.

# 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.

#### Please shower before using spa amenities. Must be 16 years or older to use these facilities.

SAUNA AND HOT TUB RULES

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.

## 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 YMCAWNC pools. Recieve 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.