



# May 1 - 30 Pool Schedule

Hendersonville Family YMCA

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					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 #			
5:30 - 6 AM	Pool Closed					Pool Closed					Pool Closed					Pool Closed					Pool Closed					YMCA Closed					5:30 - 6 AM			
6-7 AM	Lap Swim <i>10 minute Lifeguard break</i>					Lap Swim					Lap Swim					Lap Swim					Lap Swim					YMCA Closed					6-7 AM			
7-8 AM																															7-8 AM			
8-9 AM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					8-9 AM			
9-10 AM																															9-10 AM			
9-10 AM	Aqua Tabata 40 mins	Independent Exercise				Lap Swim					Aqua Tabata 40 mins	Independent Exercise				Lap Swim					Aqua Tabata 40 mins	Independent Exercise				Swim Lessons No lessons May 15		Lap Swim			9-10 AM			
10-11 AM	Cardio Splash 40 mins										Hydro-burn 40 mins										Ind. Exercise										Cardio Splash 40 mins	Hydro-burn 40 mins	Ind. Exercise	Cardio Splash 40 mins
11-12 PM	Fluid Movement 40 mins	Independent Exercise				Lap Swim					Fluid Movement 40 mins	Independent Exercise				Lap Swim					Fluid Movement 40 mins	Independent Exercise				Open		Lap Swim			11-12 PM			
12-1 PM	12-1 PM																																	
12-1 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim					Swim					Lap Swim			12-1 PM
1-2 PM																																		1-2 PM
1-2 PM	Open Swim		Lap Swim			Open Swim		Lap Swim			Open Swim		Lap Swim			Open Swim		Lap Swim			Open Swim		Lap Swim			YMCA Closed					1-2 PM			
2-3 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim										YMCA Closed			
3-4 PM																										Open Swim		Lap Swim						
4-5 PM	Swim Lessons No lessons May 10		Lap Swim			Pirhanas Swim Team					Lap Swim		Swim Lessons No lessons May 12		Lap Swim			Pirhanas Swim Team					Lap Swim		YMCA Closed					4-5 PM				
5-6 PM	Lap Swim					Lap Swim					Lap Swim					Lap Swim					Lap Swim									YMCA Closed				
6-7 PM																										Pirhanas Swim Team								
7-8 PM	Lap Swim					Open Swim		Lap Swim			Lap Swim					Open Swim		Lap Swim			YMCA Closed					7-8 PM								
8-9 PM	YMCA Closed					YMCA Closed					YMCA Closed					YMCA Closed										YMCA Closed					<b>POOL HOURS:</b> M-Th: 6 a - 7:50 p Fri: 6 a - 4:50 p Sat: 7a-1:50p <b>Day Pass Prices:</b> \$15/ individual \$30/family			
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				

Pool Closes at this time for 10 minutes
  Dual Independent Exercise
  Open Swim
  Swim Lessons

Lap Swim
  Aqua Fitness - *classes are 40 mins. long*

Contact Aquatics Director Eryn Thostenson with any questions: [ethostenson@ymcawnc.org](mailto:ethostenson@ymcawnc.org)

## HENDERSONVILLE FAMILY YMCA

810 6th Ave. W  
Hendersonville, NC 28739

**MAX CAPACITY: 75** | Please note the schedule and lane space is subject to change at any time.

**LIFEGUARD BREAK:** The pool deck will close for ten minutes at the following times to allow for Lifeguard breaks.

Monday-Friday: 8:00–8:10 am,  
12:00–12:10 pm, 3:00–3:10 pm,  
Tue/Thurs: 6:00–6:10 pm  
Saturday: 12:00–12:10 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

**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.

## 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.

**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.