



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Spring 2019 Large Pool Schedule Effective 4/22/19

Typical Large pool temp 83°

| Lap Swimming                 |                               |                               |                               |                               |                               |                              |
|------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|------------------------------|
| Sunday                       | Monday                        | Tuesday                       | Wednesday                     | Thursday                      | Friday                        | Saturday                     |
| 9:00a-2:55p<br>4 lanes (1-4) | 5:30-9:05a<br>6 lanes         | 5:30-9:05a<br>6 lanes         | 5:30-9:05a<br>6 lanes         | 5:30-9:05a<br>6 lanes         | 5:30-9:00a<br>6 lanes         | 7:00-8:55a<br>6 lanes        |
|                              | 9:05-10:15a<br>1 lane (6)     | 9:05-10:00a<br>2 lanes (5/6)  | 9:05-10:05a<br>2 lanes (5/6)  | 9:05-10:00a<br>2 lanes (5/6)  | 9:05-10:05a<br>1 lane (6)     | 12:00-2:00p<br>5 lanes (1-5) |
|                              | 10:15-11:00a<br>4 lanes (3-6) | 10:00-11:00a<br>3 lanes (4-6) | 10:05-11:00a<br>4 lanes (3-6) | 10:00-11:00a<br>3 lanes (4-6) | 10:05-11:00a<br>4 lanes (3-6) | 2:00-6:45p<br>4 lanes (1-4)  |
|                              | 11:00a-2:30p<br>6 lanes       | 11:00a-2:30p<br>6 lanes       | 11:00a-2:30p<br>5-6 lanes     | 11:00-2:30p<br>5-6 lanes      | 11:00a-2:30p<br>6 lanes       |                              |
|                              | 2:30-3:40p<br>4 lanes (3-6)   | 2:30-3:40p<br>4 lanes (1-4)   | 2:30-3:40p<br>4 lanes (3-6)   | 2:30-3:40p<br>4 lanes (1-4)   | 2:30-3:40p<br>4 lanes (1-4)   |                              |
|                              | 5:15-5:30p<br>2 lanes (1/2)   | 5:00-5:30p<br>2 lanes (1/2)   | 5:15-6:30p<br>5-6 lanes       | 5:15-6:30p<br>5 lanes (1-5)   | 5:00-5:30p<br>2 lanes (1/2)   |                              |
|                              | 5:30-6:30p<br>5 lanes (1-5)   | 5:30-6:30p<br>5 lanes (1-5)   |                               | 6:30-8:00p<br>2 lanes         | 5:30-7:00p<br>5 lanes (1-5)   |                              |

\*During peak times, we ask you to share lap lanes and circle swim if 3 or more swimmers need to share a lane\*  
(Lane assignments are indicated in purple)

| Open/Recreational Swim       |                               |                              |                               |                             |                               |                             |
|------------------------------|-------------------------------|------------------------------|-------------------------------|-----------------------------|-------------------------------|-----------------------------|
| Sunday                       | Monday                        | Tuesday                      | Wednesday                     | Thursday                    | Friday                        | Saturday                    |
| 9:00-10:00a<br>2 lanes (5/6) | 10:15-11:00a<br>2 lanes (1/2) | 2:30-3:40 p<br>2 lanes (5/6) | 10:05-11:00a<br>2 lanes (1/2) | 2:30-3:40p<br>2 lanes (5/6) | 10:05-11:00a<br>2 lanes (1/2) | 2:00-6:45p<br>2 lanes (5/6) |
| 10:00-12:00<br>1 lane (5)    |                               | 6:30-7:30p<br>2 lanes (5/6)  |                               |                             | 2:30-3:40p<br>2 lanes (5/6)   |                             |
| 12:00-2:00p 2<br>lanes (5/6) |                               |                              |                               |                             |                               |                             |

| Water Exercise Classes |   |                                       |   |                                       |                                    |          |
|------------------------|---|---------------------------------------|---|---------------------------------------|------------------------------------|----------|
| Sunday                 | Monday                                  | Tuesday                               | Wednesday                               | Thursday                              | Friday                             | Saturday |
|                        | 9:15-10:15a<br>Aqua Zumba<br>(1-5)      | 9:15-10:00a<br>Dig Deep (1-4)         | 9:05-10:05a Aqua<br>Combo (1-4)         | 9:15-10:00a<br>Tethered (1-4)         | 9:05-10:05a<br>Aqua Combo<br>(1-5) |          |
|                        | 2:30-3:30p<br>Physical<br>Therapy (1/2) | 10:00-11:00a<br>Gentle Water<br>(1-3) | 2:30-3:30p<br>Physical Therapy<br>(1/2) | 10:00-11:00a<br>Gentle Water<br>(1-3) |                                    |          |
|                        |   | 6:30-7:30p<br>Aqua Zumba<br>(1-4)     |   |                                       |                                    |          |

\*\*The Ithaca Y reserves the right to adjust or change this schedule as needed\*\*

\*\*\*Please be advised that occasionally events occur which force us to close one or both pools. The Ithaca YMCA does its best to notify all patrons of closures in these rare instances and reopens the pool(s) as quickly as possible. Please download our app and turn notifications on to receive alerts about pool closures and schedule changes\*\*\*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Spring 2019 Small Pool Schedule Effective 4/22/19

Typical Small pool temp 86°

| Open Swim             |              |              |               |              |              |                       |
|-----------------------|--------------|--------------|---------------|--------------|--------------|-----------------------|
| Sunday                | Monday       | Tuesday      | Wednesday     | Thursday     | Friday       | Saturday              |
| 9:00a-1:00p           | 10:00a-1:00p | 10:00a-1:00p | 11:00a-12:30p | 10:00a-1:00p | 10:00a-1:00p | 12:00-1:00p           |
| <b>**1:00-3:00p**</b> | 3:00-3:40p   | 3:00-4:55p   | 3:00-3:40p    | 3:00-3:40p   | 3:00-3:40p   | <b>**1:00-3:00p**</b> |
|                       | 5:30-7:00p   | 5:30-7:00p   | 5:30-7:00p    | 6:00-7:00p   | 5:30-7:00p   | 3:00-6:45p            |

**\*\*Open swim is only available if there are no birthday parties scheduled. Please inquire at the front desk for more information\*\***

### Safe Pools Have Rules!

1. For the safety of all members and guests, lifeguards have complete authority over the pool area.
2. Diving is prohibited.
3. No running on the pool deck; no running jumps into the pool.
4. No inflatable devices in the pool. All PFDs must be U.S. Coast Guard approved. Mermaid tails and mono-fins are prohibited.
5. Breath holding activities or drills are permitted.
6. For the privacy of our members and guests there are no photos or videos allowed in the pool or locker room areas.

### Age Requirements:

\*All children under the age of 10 MUST have a parent or guardian accompany them at all times while in the pool; parent/guardian may remain on the pool deck if child is in a swim lesson or able to swim unaccompanied.

\*Children between the ages of 10-12 MUST have a parent or guardian remain within the facility, but the parent does not need to remain on the pool deck.

\*Children under 13 are not permitted to use the adult locker rooms under any circumstances. Please utilize the children's locker rooms or the family changing room.

### Swim Test Policy:

Drowning is the second leading cause of injury related death for children. The YMCA of Ithaca and Tompkins County is committed to implementing proven drowning prevention efforts to ensure safety. As a result, children ages 12 and under will be tested to evaluate swimming competency. Swimmers will be issued a colored swim band to identify their swimming ability.

**Red Swim Bands** will be worn by all swimmers under the age of 7. Children must be accompanied by an adult in either pool. The only exception to this is for those who have passed a blue band swim test. See below for more details.

**Yellow Swim Bands** will be worn by all swimmers between the ages of 7-12 who have not passed the blue band swim test. These children may swim unaccompanied in the small pool or within arms' reach of a parent or guardian in the large pool.

**Blue Swim Bands** will be worn by those who have passed the blue band swim test. Children may swim unaccompanied in either pool. To pass the test, swimmers must jump into the deep end of the large pool, tread water for one minute, then swim to the shallow end horizontally, with their face in the water, using either breaststroke or front crawl. If swimmers stop, touch the floor, or grab the wall, they will not be issued a blue wrist band.

### Lap Swimming Etiquette:

*Before you enter the water:* Gauge the speeds of each lane and join swimmers similar to your speed.

*While in the water:* Slowly enter the water feet first in the shallow end. When joining other swimmers, wait on the side during one lap until all swimmers have noticed that you will join the lane. *If you need to get the attention of a swimmer, please gently tap them on the foot.* If there are two swimmers in the lane, split the lane in half. If there are more than two swimmers, swim in a circle counterclockwise. If you are resting, chatting, aqua jogging, or stretching, please position yourself so you are not obstructing the lane for lap swimmers.

*Passing other swimmers:* Attempt to notify other swimmers of your intent to pass. If passing mid-lap, pass on the left-hand side. Slower swimmers should slow down and move over as far as possible. If passing at the wall, the slower swimmer should move to the right corner and should not push off until the pass has been completed.