



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Pool Holiday Schedule: February 17th - February 21st

Lap Swimming						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am—9:25 am	5:15 am—9:25 am	5:15 am—6:25 am	5:15 am—9:25 am	5:15 am—6:25 am	6:00 am—9:55am	7:00 am—9:55am
11:40 am—2:25 pm (Aqua Jog/ Lap Swim)	11:40 am - 12:00 pm (Senior Swim)	11:40 am—2:25 pm (Aqua Jog/ Lap Swim)	11:40 am—12:00 pm (Senior Swim)	7:15 am—9:25 am	3:45 pm—4:45 pm	5:15 pm—6:50 pm
7:30 pm—9:50 pm	12:00 pm—2:25 pm (Aqua Jog/ Lap Swim)	7:45 pm—9:50 pm	12:00 pm—2:25 pm (Aqua Jog/ Lap Swim)	11:40 am—2:25 pm (Aqua Jog/ Lap Swim)		
	7:00 pm—9:50 pm		7:45 pm—9:50 pm	7:00 pm—9:50 pm		

Fun Club Camp Swim				
Monday	Tuesday	Wednesday	Thursday	Friday
10:20 am—11:00 am	10:30 am—11:30 am	10:30 am—11:30 am	10:30 am—11:30 am	10:30 am—11:30 am
2:30 pm—3:30 pm	2:30 pm—3:30 pm	2:30 pm—3:30 pm	2:30 pm—3:30 pm	2:30 pm—3:30 pm

Family Swim			
Wednesday	Friday	Saturday	Sunday
6:30 pm—7:45 pm	6:30pm - 7:45pm	4:45pm—5:50 pm	3:45 pm - 5:15pm

Water Exercise Classes				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am—10:15 am Aqua Aerobics				
No Second Class				

Adult Master's Swimming		
Monday	Thursday	Friday
6:45 pm—7:30 pm	6:45 pm—7:30 pm	6:30 am—7:15 am

Rockland County YMCA

35 S. Broadway Nyack, NY 10960

P (845) 358 0245 W www.rocklandymca.org



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Safe Pools Have Rules!

Rockland County YMCA Pool Rules!

1. Swimming without a lifeguard present is prohibited.
2. Breath-holding activities are not permitted in Y pools.
3. Shower before entering the pool
4. Persons with bandages, open cuts and wounds are not allowed in the pool.
5. Running on the pool deck, in the hallway or the locker rooms is not permitted.
6. Children 12 years and under must pass a swim test before being permitted in the water.
7. Street or gym clothes are not permitted in the pool at any time.
8. Y equipment is used for instructional use only.
9. Enter the water facing forward and feet first.
10. Hanging on the lane lines, ladders and deep ropes is not permitted.
11. Horse play of any kind is not tolerated.
12. The Lifeguards word is final.
13. In case of emergency or drill clear the water immediately.

Lap Swim Etiquette

Lane sharing: If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a 3rd person changes the lane to "circle swimming" format.

Aquatic Age Requirements

All children 5 and over must use gender specific locker rooms, children 7 and under must be accompanied by a parent or guardian at all times and all children 12 and under will be given a swim test. Those who are not able to pass must be supervised and with a parent or guardian in the water at all times.

Swim Test Policy

Drowning is the second leading cause of injury-related deaths for children ages 1-14 years old. The Rockland County YMCA 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. Once a swim test has been completed, the swimmers age, birthdate and wrist band color may be logged for easy issue of swim bands for future visits.

Green Band Swimmer Qualifications

Children receive a green band if they are able to jump into water feet first, swim one length of the pool-without stopping, touching the bottom or edges of the lane, and successfully tread water for 30 seconds.

Red Band Swimmer Qualifications

Children receive a red band if they choose not to take the swim test or are unable to demonstrate all of the above mentioned green band qualifications.