



Fall General Pool Schedule

Fall Pool Hours Begin September 5th

*Times will vary between program sessions, Events etc.

Monday-Friday 5AM-8:30PM -- Saturdays 6:30AM-5:30PM -- Sundays 1PM-6:30PM

Fall 2017 Pool Schedule September 5th-December 4th						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:00-7:45AM	Lap Swim 5:00-7:45AM	Lap Swim 5:00-7:45AM	Lap Swim 5:00-7:45AM	Lap Swim 5:00-7:45AM	Lap Swim 6:30-7:45AM	Lap Swim 1:00-3:00PM
Open Swim 5:00-7:45AM	Open Swim 5:00-7:45AM	Open Swim 5:00-7:45AM	Open Swim 5:00-7:45AM	Open Swim 5:00-7:45AM	Open Swim 6:30-7:45AM	Open Swim 1:00-3:00PM
Rest Break 7:45-8:00AM						Rest Break
Lap Swim 8:00-3:00PM	Lap Swim 8:00-3:00PM	Lap Swim 8:00-3:00PM	Lap Swim 8:00-3:00PM	Lap Swim 8:00-3:00PM	Special Olympics 8:00-9:00AM	*Scuba 3:15-6:30PM
Open Swim 8:00-8:30AM	Open Swim 8:00-8:30AM	Open Swim 8:00-9:00AM	Open Swim 8:00-8:30AM	Open Swim 8:00-8:30AM	*Scuba 9:00-1:00PM	Lap Swim 3:15-6:30PM
Aqua Surprise 8:30-9:15AM	Tabaqua 8:30-9:15AM	Aqua Fit 8:30-9:15AM	Tabaqua 8:30-9:15AM	Aqua Surprise 8:30-9:15AM	Lap Swim 9:00-3:00PM	Open Swim 3:15-6:30PM
Open Swim 9:30-3:00PM	Open Swim 9:30-3:00PM	Open Swim 10:00-3:00PM	Open Swim 9:30-3:00PM	Open Swim 9:30-3:00PM	Open Swim 9:00-3:00PM	
Rest Break 3:00-3:15PM						
Lap Swim 3:15-4:45PM	Lap Swim 3:15-4:45PM	Lap Swim 3:15-8:30PM	Lap Swim 3:15-4:45PM	Lap Swim 3:15-8:30PM	Lap Swim 3:15-5:30PM	
Open Swim 3:15-3:45PM	Open Swim 3:15-3:45PM	Open Swim 3:15-3:45PM	Open Swim 3:15-3:45PM	Open Swim 3:15-4:00PM	Open Swim 3:15-5:30PM	
CDC-Yellow Swim 3:45-4:15PM	CDC- Red Swim 3:45-4:15PM	CDC- Green Swim 3:45-4:15PM	CDC- Blue Swim 3:45-4:15PM	Swim Team 4:00-5:30PM		
Porpoise Club 4:15-5:00PM	Porpoise Club 4:15-5:00PM		Porpoise Club 4:15-5:00PM	Open Swim 5:30-8:30PM		
Swim Lessons 4:45-7:40PM	Swim Lessons 4:45-7:30PM	Swim Team 4:00-5:30PM	Swim Lessons 4:45-7:40PM			
Swim Team 5:00-7:30PM	Swim Team 5:00-7:30PM	Aqua Zumba 5:30-6:15PM	Swim Team 5:00-7:30PM			
Mentor Lap Swim 5:00-7:30PM	Mentor Lap Swim 5:00-7:30PM	Open Swim 6:15-8:30PM	Mentor Lap Swim 5:00-7:30PM			
Lap Swim 7:30-8:30PM	Lap Swim 7:30-8:30PM		Lap Swim 7:30-8:30PM			
Open Swim 7:40-8:30PM	Open Swim 7:30-8:30PM		Open Swim 7:40-8:30PM			
			*Scuba 7:30-8:30PM			

***Scuba Dates:**
 September 9th, 10th & 14th
 October 7th, 8th & 12th
 November 4th, 5th & 9th
 December 7th, 9th & 10th

***Special Olympics** will begin practices on October 21st

***CDC Swim-Child Development Center** Open Swim Time (Open swim is not open to the public during this time.)

Download the Kearney Family YMCA App for updated information.

Mandatory Rest Breaks will be enforced at the following times: 7:45-8AM & 3-3:15PM

Kearney Family YMCA Swimming Pool Rules, Regulations, and Safety Tips

Here are some tips on keeping your children safe and still giving them the opportunity to make the most out of their swimming experience!

DO: Enroll your children in swimming lessons. Make sure they learn how to swim from a trained professional. The Y swimming program will teach them how to be safe in and out of the water.

DO: Swim with your children. There is no better way to keep an eye on them! It's going to be hot, so hop in and cool off with your kids!

DON'T: Drop your child off if they are under the age of 8 OR if they cannot pass a swim test. They will not be allowed to swim without you in the water with them.

1. Children **MUST** be 8 years old or older **AND** be able to pass a Lifeguard approved swim test to use the pool without a parent/adult in the water with them.
2. No running, boisterous or rough play, except supervised water sports, is permitted in the pool, or on the runways, diving blocks, floats, platforms, or in the dressing rooms.
3. Splitting or spouting of water, blowing the nose or any other similar activities in the swimming pool is strictly prohibited.
4. Diving is only allowed from the far deep end of the pool. Anyone jumping off of the side of the pool must do so facing forward. No back dives, flips, cartwheels, or pushing is allowed in any area of the pool.
5. Rest breaks may be called at the lifeguard's discretion. All patrons must exit the pool area during rest breaks.
6. Be respectful of those swimming around you.
7. The lifeguard is the authority on the pool deck. Failure to follow the lifeguard's instructions or disrespectful behavior is adequate grounds for ejection from the YMCA.

Mandatory Rest Breaks will be enforced at the following times: 7:45-8AM & 3-3:15PM

Mentor a Swimmer with our Swim Team Program- contact Collette or Jamie at 308-237-9622