



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLIDAY POOL SCHEDULE

JANUARY 4th-14th

*Times will vary between program sessions, Events etc.

Holiday (D) 2018 Pool Schedule January 4th-14th						
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 5:00-5:30AM	Open Swim 5:00-7:45AM	Open Swim 5:00-5:30AM	Open Swim 5:00-7:45AM	Open Swim 6:30-7:45AM	Open Swim 1:00-3:00PM
Rest Break	Energizer 5:30-6:15AM	Rest Break	Aqua Zumba 5:30-6:15AM	Rest Break	Rest Break	Rest Break
Lap Swim 8:00-3:00PM	Open Swim 6:15-7:45AM	Lap Swim 8:00-3:00PM	Open Swim 6:15-7:45AM	Lap Swim 8:00-3:00PM	Special Olympics 8:00-9:00AM	Lap Swim 3:15-6:30PM
Open Swim 8:00-8:30AM	Rest Break	Open Swim 8:00-8:30AM	Rest Break	Open Swim 8:00-8:30AM	Lap Swim 9:00-3:00PM	Open Swim 3:15-6:30PM
Aqua Surprise 8:30-9:15AM	Lap Swim 8:00-3:00PM	Aqua Fit 8:30-9:15AM	Lap Swim 8:00-3:00PM	Aqua Surprise 8:30-9:15AM	Open Swim 9:00-3:00PM	
Open Swim 9:30-3:00PM	Open Swim 8:00-8:30AM	Open Swim 9:30-3:00PM	Open Swim 8:00-8:30AM	Open Swim 9:30-3:00PM	Rest Break	
Rest Break	Tabaqua 8:30-9:15AM	Rest Break	Tabaqua 8:30-9:15AM	Rest Break	Lap Swim 3:15-5:30PM	
Lap Swim 3:15-8:30PM	Open Swim 9:30-3:00PM	Lap Swim 3:15-8:30PM	Open Swim 9:30-3:00PM	Lap Swim 3:15-8:30PM	Open Swim 3:15-5:30PM	
Open Swim 3:15-3:45PM	Rest Break	Open Swim 3:15-3:45PM	Rest Break	Open Swim 3:15-3:45PM		
CDC Swim 3:45-4:15PM	Lap Swim 3:15-8:30PM	CDC Swim 3:45-4:15PM	Lap Swim 3:15-8:30PM	CDC Swim 3:45-4:15PM		
Porpoise Club 4:15-5:00PM	Open Swim 3:15-3:45PM	Swim Team 4:00-5:30PM	Open Swim 3:15-3:45PM	Swim Team 4:00-5:30PM		
Swim Team 5:00-7:30PM	CDC Swim 3:45-4:15PM	Aqua Zumba 5:30-6:15PM	CDC Swim 3:45-4:15PM	Open Swim 5:30-8:30PM		
Mentor Lap Swim 5:00-7:30PM	Porpoise Club 4:15-5:00PM	Open Swim 6:15-8:30PM	Porpoise Club 4:15-5:00PM			
Open Swim 7:30-8:30PM	Swim Team 5:00-7:30PM		Swim Team 5:00-7:30PM			
	Mentor Lap Swim 5:00-7:30PM		Mentor Lap Swim 5:00-7:30PM			
	Open Swim 7:30-8:30PM		Open Swim 7:30-8:30PM			

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

Download the Kearney
Family YMCA App for
updated information.

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

*5:30AM Classes will begin the week of January 8th!



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SWIMMING POOL

RULES, REGULATIONS, & 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. Spitting 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