

Botetourt Family YMCA Lap Pool Schedule

	MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY															
LANES	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8																
5:00am	POOL OPENS 5:00am								POOL OPENS 5:00am								POOL OPENS 5:00am								POOL OPENS 5:00am								POOL OPENS 5:00am																															
6:00am	Masters																Masters																																															
7:00am																																	POOL OPENS 7:30am																															
8:00am																																																	Deeply Fit Tread								Deeply Fit Tread							
9:00am																																																																
10:00am	Water Wellness																								Water Wellness																																							
11:00am																																																																
12:00pm																																																																
1:00pm																																	POOL OPENS 1:00pm																															
2:00pm																																																																
3:00pm																																																																
4:00pm	Riptides Team 4: 15-6:45p								Riptides Team 4: 15-6:45p								Riptides Team 4: 15-6:45p								Riptides Team 4: 15-6:45p								Riptides Team 4: 15-6:45p																															
5:00pm																																																																
6:00pm									RC 7-8pm																RC 7-8pm																																							
7:00pm																																																																
8:00pm																																																																
9:00pm	Pool Closes 8:30pm Mon - Fri																																Pool Closes at 5:30pm																															
A lifeguard class will be utilizing 1-2 lanes of the lap pool on July 17th between 8am and 6pm.																																																																
	LIMITED POOL SPACE due to programming. More than one program may run at the same time.																																																															
	LIMITED POOL SPACE for scheduled Rentals/Special Programming																																																															
	Open Swim																																																															

POOL/FACILITY RULES:

- No running on the pool deck, pushing, shoving, rough or unsafe behavior.
- There is no jumping permitted in the family pool beach area due to shallow depth.
- Swimmers must shower before entering the pool. For your convenience, showers are located on the deck of each pool.
- Swimsuits must be in good condition (not see-through), covering the top and bottom of the body appropriately. Dark colored t-shirts are acceptable.
- Individuals with open wounds will not be permitted to swim in the pool. Wounds must be scabbed over.
- Individuals that have had diarrhea should not swim until the condition has been resolved for 48 hours.
- Children not yet toilet trained should wear swim diapers and not normal disposable diapers while swimming.
- At the first sight of lightening or the sound of thunder, the pool area and showers will be closed. The lifeguard will reopen the pool area and showers 30 minutes after the last evidence of a storm.
- Inflatable flotation devices, including but not limited to water wings, rings, inner tubes, rafts, are not permitted in either pool at any time.
- Exercise equipment (kickboards, pull buoys, fins, hand buoys) are to be used for exercise purposes only by trained adults and lap swimmers.
- Lifeguards have the authority to require any child or adult to perform the YMCA Swim Test to swim in water that is deeper than the individual's chest height. Please see the lifeguard for assistance.
- **All children ages 5-12 years old must check in at the pool desk before swimming to obtain their appropriate color wristband.**

YMCA of Virginia's Blue Ridge Aquatic Policy: Supervision of Children Ages 12 Years and Younger

Children ages 4 years & under must have a person age 16 or older in the water, within arms reach, to assist and supervise.

Children ages 5 to 7 years must have a person age 16 or older on the pool deck or waiting area to take responsibility for them.

Children ages 8 to 12 years must have a person age 16 or older in the facility to take responsibility for them.