

# Botetourt Family YMCA Lap Pool Schedule

LANES	MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY							
	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	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	Riptides Team 5:30-7a			Masters 6: 15-7:30													Masters 6: 15-7:30																																							
7:00am																																																								
8:00am	RC 8:30-9:30		Water Wellness						Deeply Fit Tread				RC 8:30-9:30				Deeply Fit Tread				POOL OPENS 7:30am																																			
9:00am																																																								
10:00am																																																								
11:00am																	Y Splash 11a-1p																																							
12:00pm																																																								
1:00pm																																									POOL OPENS 1:00pm															
2:00pm																																																								
3:00pm																																																								
4:00pm	Riptides Team 4: 15 - 7p								Riptides Team 4: 15-6p								Riptides Team 4: 15-6p								Riptides Team 4: 15-6p								Riptides Team 4: 15-6p																							
5:00pm																																																								
6:00pm	LBHS 7-8:30				JRHS 7-8:30				RC 6-7pm		LBHS 6-8:30				JRHS 6-8:30				RC 6-7pm		LBHS 6-8:30				JRHS 6-8:30																															
7:00pm																																																								
8:00pm																																																								
9:00pm	Pool Closes 8:30pm Mon - Fri																Pool Closes at 5:30pm																																							

**Y Splash resumes 3/3 through 4/16.**

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.