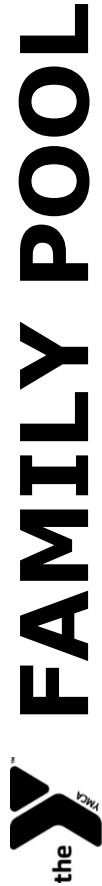


Kirk Family YMCA Family Pool Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM	Open 5:00am							
8:00am	Open Swim 5-9a	Open Swim 5-8:30a	Open Swim 5-8:30a	Open Swim 5-8:30a	Open Swim 5-8:30a	Open Swim 7:30-9a		
9:00am	Aquabilities 9-9:45a	Aquabilities 9-9:45a	Aquabilities 9-9:45a	Aquabilities 9-9:45a	Aquabilities 9-9:45a			
10:00am	Open swim 9:45a-3:30p	open swim 9:45a- 3:30p	open swim 9:45a-4:30	open swim 9:45a-3:30p	Open Swim 9:45-3:30p	Swim Lessons 9a-12:30p	OPEN 1:00PM	
11:00am								
12:00pm								
1:00pm								
2:00pm	Swim Lessons 3:30-7p	Swim Lessons 3:30-7p	Swim Lessons 4:30p-6:30p	Swim Lessons 3:30-7p	Swim Lessons 3:30-7p	Open Swim 12:30-5:30p		Open Swim 1-5:30p
3:00pm								
4:00pm								
5:00pm								
6:00pm								
7:00pm	Open Swim 7-8:30p	Open Swim 7-8:30p	Open Swim 7-8:30	Open Swim 7-8:30p	Open Swim 7-8:30p	POOL CLOSING 5:30PM		
8:00 PM	POOL CLOSING 8:30PM Monday - Friday							
Group Exercise times may be subject to change, please check Online Group Exercise schedule.								
LIMITED POOL SPACE due to programming. More than one program may run at the same time.								
LIMITED POOL SPACE for scheduled camp activities.								
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.