

Kirk Family YMCA Lap Pool Schedule

LAP POOL

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
LANES	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
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 5-9am												Masters 5-9am						Riptides Swim Practice 5:30-7am																	
7:00am							Masters 5-9am												Masters 5-9am												POOL OPENS 7:30am											
8:00am							Masters 5-9am												Masters 5-9am												Masters											
9:00am							Masters 5-9am												Masters 5-9am												Masters											
10:00am							Deeply Fit												Deeply Fit						Deeply Fit																	
11:00am							Deeply Fit												Deeply Fit						Deeply Fit																	
12:00pm							Deeply Fit												Deeply Fit						Deeply Fit																	
1:00pm							Y Splash												Y Splash																		POOL OPENS 1:00pm					
2:00pm							Y Splash												Y Splash																							
3:00pm							Y Splash												Y Splash																							
4:00pm							Y Splash												Y Splash																							
5:00pm	Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm																	
6:00pm	Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm						Riptides Swim Practice 4:45-6:15pm																	
7:00pm	Deeply Fit																		Deeply Fit												Pool Closes at 5:30pm											
8:00pm	Deeply Fit																		Deeply Fit												Pool Closes at 5:30pm											
8:30 PM	Pool Closes at 8:30pm						Pool Closes at 8:30pm						Pool Closes at 8:30pm						Pool Closes at 8:30pm						Pool Closes at 8:30pm						Pool Closes at 8:30pm						Pool Closes at 8:30pm					

PLEASE NOTE: lanes may be used/marked as needed for instructional swim lessons.

POOL/FACILITY RULES:

10 ft. physical distance must be maintained at all times.

- No running on the pool deck, pushing, shoving, rough or unsafe behavior.
- Swimmers must shower before entering the pool. For your convenience, showers are located on the deck of each pool.
- Lanes being used for programming will be marked with cones. Non-marked lanes are available for lap swimming and water exercise.
- 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.
- The lifeguard has 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.

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|  | Pool space reserved for scheduled class. More than one program may run at the same time. |
|  | Pool space reserved for paid swim programs. |
|  | Open Swim |

POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE