



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter POOL SCHEDULE: February 6- March 25

ST. JOHNS PREP IS HERE UNTIL FEB 15TH AND THEN LAP SWIMMING RETURNS

DIMENSIONS: 5 LANES, 25 YARDS LONG **POOL TEMP.:** 84°-86°F **DEPTH:** 3-10 FEET **FEATURES:** BLOCKS, DIVING BOARD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00-7:30 St. John's Prep Rental: Until Feb 15th NO LAP SWIM	6:00-8:00 Lap Swim: 5 Lanes	6:00-7:30 St. John's Prep Rental: Until Feb 15th NO LAP SWIM	6:00-8:00 Lap Swim: 5 Lanes	6:00-7:30 St. John's Prep Rental: Until Feb 15th NO LAP SWIM	CLOSED	CLOSED	
7:30-8:45 Lap Swim: 5 Lanes	8:00-8:45 Water Aero 4 Lanes Adult Lap: 1 Lane	7:30-8:45 Lap Swim: 5 Lanes	8:00-8:45 Water Aero 4 Lanes Adult Lap: 1 Lane	7:30-8:45 Lap Swim: 5 Lanes			6:00-8:00 Lap Swim: 5 Lanes
8:45-9:30 Water Aero: 5 Lanes NO LAP SWIM	8:45-9:30 Water Aero: 5 Lanes NO LAP SWIM	8:45-9:30 Water Aero: 5 Lanes NO LAP SWIM	8:45-9:30 Water Aero: 5 Lanes NO LAP SWIM	8:45-9:30 Water Aero: 5 Lanes NO LAP SWIM	8:00-11:00 Lessons: 4 Lanes Lap Swim: 1 Lane		
9:30-10:00 Aqua Fit: 4 Lanes Lap Swim: 1 Lane	9:30-10:00 Water Walk: 4 Lanes Lap Swim: 1 Lane	9:30-10:00 Aqua Fit: 4 Lanes Lap Swim: 1 Lane	9:30-10:00 Water Walk: 4 Lanes Lap Swim: 1 Lane	9:30-10:00 Aqua Fit: 4 Lanes Lap Swim: 1 Lane			
10:00-11:00 Lessons: 4 Lanes Lap Swim: 1 Lane	10:00-11:00 Lessons: 4 Lanes Lap Swim: 1 Lane	10:00-11:00 Lessons: 4 Lanes Lap Swim: 1 Lane	10:00-11:00 Lessons: 4 Lanes Lap Swim: 1 Lane	10:00-11:00 Lessons: 4 Lanes Lap Swim: 1 Lane			
11:00-12:00 Pre-K Swim: 2 Lanes Lap Swim: 3 Lanes	11:00-12:00 Pre-K Swim: 2 Lanes Lap Swim: 3 Lanes	11:00-12:00 Pre-K Swim: 2 Lanes Lap Swim: 3 Lanes	11:00-12:00 Pre-K Swim: 2 Lanes Lap Swim: 3 Lanes	11:00-12:00 Pre-K Swim: 2 Lanes Lap Swim: 3 Lanes			11:00-12:00 Lap Swim: 3 Lanes Adult Lanes: 2 Lanes
12:00-3:00 Lap Swim: 3 Lanes Adult Lanes: 2 Lanes	12:00-3:00 Lap Swim: 3 Lanes Adult Lanes: 2 Lanes	12:00-3:00 Lap Swim: 3 Lanes Adult Lanes: 2 Lanes	12:00-3:00 Lap Swim: 3 Lanes Adult Lanes: 2 Lanes	12:00-3:00 Lap Swim: 3 Lanes Adult Lanes: 2 Lanes	12:00-3:00 Pool Rentals: 5 Lanes NO LAP SWIM		1:00-2:00 Pool Rentals: 5 Lanes NO LAP SWIM
3:00-3:30 Rec Swim: 3 Lanes Lap Swim: 2 Lane	3:00-3:30 Rec Swim: 3 Lanes Lap Swim: 2 Lane	3:00-3:30 Rec Swim: 3 Lanes Lap Swim: 2 Lane	3:00-3:30 Rec Swim: 3 Lanes Lap Swim: 2 Lane	3:00-3:30 Rec Swim: 3 Lanes Lap Swim: 2 Lane	3:00-5:00 Rec Swim: 5 Lanes NO LAP SWIM		2:00-3:45 Lap Swim: 5 Lanes
3:30-4:00 Lessons: 4 Lanes Lap Swim: 1 Lane	3:30-4:00 Lessons: 4 Lanes Lap Swim: 1 Lane	3:30-4:00 Lessons: 4 Lanes Lap Swim: 1 Lane	3:30-4:00 Lessons: 4 Lanes Lap Swim: 1 Lane	3:30-4:00 Lessons: 4 Lanes Lap Swim: 1 Lane			
4:00-5:00 Lessons: 3 Lanes Swim Team: 2 Lanes	4:00-5:00 Lessons: 4 Lanes Adult Lap: 1 Lanes	4:00-5:00 Lessons: 3 Lanes Swim Team: 2 Lanes	4:00-5:00 Lessons: 3 Lanes Swim Team: 2 Lanes	4:00-5:00 Lessons: 4 Lanes No Lap Swim			
5:00-6:30 Swim Team Practice: 5 Lanes NO LAP SWIM	5:00-7:00 Swim Team Practice: 5 Lanes NO LAP SWIM	5:00-6:30 Swim Team Practice: 5 Lanes NO LAP SWIM	5:00-7:00 Swim Team Practice: 5 Lanes NO LAP SWIM	5:00-7:00 Swim Team: Practice: 5 Lanes NO LAP SWIM			
6:30-7:30 Masters Swim: 5 Lanes NO LAP SWIM	7:00-7:30 Water Walking: 5 Lanes NO LAP SWIM	6:30-7:30 Masters Swim: 5 Lanes NO LAP SWIM	7:00-7:30 Water Walking: 5 Lanes NO LAP SWIM	7:00-8:15 Family Rec: 4 Lanes Lap Swim: 1 Lane		6:00-6:45 Family Rec: 5 Lanes NO LAP SWIM	
7:30-8:15 Family Rec: 4 Lanes Lap Swim: 1 Lane <hr/> 8:15-9:45 Lap Swim: 5 Lanes	7:30-8:15 Water Aero: 5 Lanes No Lap Swim <hr/> 8:15-9:45 Lap Swim: 5 Lanes	7:30-8:15 Family Rec: 4 Lanes Lap Swim: 1 Lane <hr/> 8:15-9:45 Lap Swim: 5 Lanes	7:30-8:15 Water Aero: 5 Lanes No Lap Swim <hr/> 8:15-9:45 Lap Swim: 5 Lane	8:15-9:45 Lap Swim: 5 Lanes	6:45-7:45 Lap Swim: 5 Lanes	CLOSED	



Danvers Community YMCA POOL RULES

The "shallow end" is defined as areas of the pool up to 3 feet deep, the "middle area" is defined as areas between 3 and 5 feet deep, and the "deep end" is defined as areas deeper than 5 feet.

1. Lifeguard has authority at all times. Lifeguard also has authority to alter these rules in order to maximize pool safety at any time.
2. The pool safety ratio is no more than 25 swimmers to every one lifeguard on duty. Our pool's capacity is 144 swimmers.
3. Swimming is not permitted without a YMCA lifeguard on duty.
4. For safety training purposes, occasionally we conduct lifeguard drills in which case you may be asked to exit the pool promptly. We appreciate your cooperation as we strive to make our pool the safest it can be.
5. Children under age 6 must be accompanied in the water by an adult within arm's reach at all times, except when directly supervised by a YMCA employee in a YMCA program. Children under age 6 who wish to swim independently of an adult must pass the swim test to do so.
6. Children between ages 6–17 must pass a swim test conducted by a lifeguard in order to swim in areas of the pool that are deeper than their heads (middle and/or deep ends of the pool) and in order to go off the diving board.
 - a. A swim test consists of swimming over-arm front crawl with face in the water for 25 yards and treading water for 30 seconds. The test must be done with ease and comfort. All patrons will pass at the discretion of the lifeguard on duty.
 - b. If a swimmer passes the test, they may swim in all areas of the pool and go off the diving board.
 - c. Failure to pass the swim test will result in the swimmer being required to stay in the shallow or middle area of the pool (dependent on height) and additionally, they may be required to wear a bubble flotation belt for assistance. All persons swimming without adults and with flotation belts must stay in the shallow end of the pool at all times.
7. All patrons are required by law to take a cleansing shower prior to entering the pool.
8. Persons with open wounds/sores or communicable diseases are not permitted to use the pool. Please, no band-aids in the pool.
9. Proper swim suits must be worn in order to enter the pool. Undergarments, denim, khaki, work-out clothes, long-sleeved shirts, and attire deemed revealing or immodest is not permitted. Patrons may wear short-sleeved t-shirts worn over swim suits; however, clothing deemed restrictive to normal swim function is not allowed.
10. Children who are not potty-trained must wear a disposable swim diaper in order to enter the pool.
11. Flotation devices brought from home must be U.S. Coast Guard approved (lifejackets are encouraged). We offer you the use of our bubble flotation belts any time. All those using flotation devices must remain in the shallow end of the pool if unaccompanied by an adult. Parents with children in flotation devices may accompany their children in the middle area of the pool as long as they stay within an arm's reach away. Inflatable swim aides are not permitted. Those using flotation devices are not permitted in the deep end at any time.
12. Noodles, balls, and other pool toys may be used at the discretion of the lifeguard on duty.
13. The basketball hoop is available for use during rec/family swim, camp swim, and pool rentals. Basketball hoop rules include: do not shoot hoops from the deck – you must remain in the water, do not hang on the hoop/net, and use of the basketballs/balls may be limited by the lifeguard if the pool becomes crowded or play becomes aggressive.
14. Kickboards, pull buoys, fins, barbells, and other swim equipment is only for use by lap swimmers, adult water walkers, swim lesson students during class, water aerobics participants during class, and swim team participants during practice.
15. No diving or jumping in the shallow end. Jumping in is allowed in the middle and deep ends of the pool at the discretion of the lifeguard. Diving is permitted in the deep end only off the side or off the diving board. Dive blocks are only to be used during swim team practices/meets and swim lessons under direct supervision of a coach or instructor.
16. Children younger than age 17 must pass the swim test in order to use the diving board. Diving board rules include: one bounce only, one person on the board at a time, and only forward-facing jumps/dives allowed. Please wait until the person ahead of you reaches the stairs before taking your turn.
17. Glass, porcelain, breakable or sharp objects, chewing gum, and food is prohibited on deck and in the locker rooms. Please feel free to enjoy your snacks in the canteen area near the front desk.
18. Horseplay, dunking, standing/sitting on shoulders, throwing, and carrying each other is not allowed. Please keep your hands to yourself.
19. The YMCA is not responsible for lost, stolen, or damaged property. Please leave valuables at home or feel free to bring a lock to use the day-use lockers in the locker rooms.
20. Photo-taking is only allowed during swim lessons on Open House/viewing days and during pool rentals. Please do not take pictures in the pool area otherwise. Cameras and cell phones are strictly prohibited at all times in the locker rooms.
21. Please keep our YMCA core values in mind when visiting our facility: caring, honesty, respect, and responsibility. Failure to abide by these pool rules and core values may result in the loss of swimming privileges up to and including expulsion from the facility.

Please see the Aquatic Director with any questions. Thank you for your patronage!