

Itasca YMCA POOL Schedule

MARCH-MAY 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:15am Lap Swim						
8:30-9:15 Aquacise	8:30-9:15 Deep Water Tabata	8:30-9:15 Aquacise	8:30-9:30 OPEN with 2 Lap Lanes	8:30-9:15 Aquacise	7:30- 10:00am Lap Swim	10:30-12:15pm Lap Swim
9:15-10:00 Water Restore	9:15-10 OPEN	9:15-10:00 Water Restore	9:45-11am Youth Swim Lessons	9:15-10:00 Water Restore		
10-11 Childcare Swim	10-11 Childcare Swim	10-11 Childcare Swim		10-11 Childcare Swim	10:15- 10:45am Youth Swim Lessons	
11:00am-1:00pm Lap Swim						
1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH		1-3:00 OPEN w/1 lap lane 1 lane GICH	1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH	1:00-4:00 OPEN w/1 Lap Lane	OPEN Family Swim 11:00am- 6:30pm Pool area closes @6:30	OPEN Family Swim 12:30-5:15pm
		3-4:00 Open/ End Zone				
Youth Swim Lessons 4:00-5:25	Youth Swim Lessons 4:00-5:25	Deep Water Tabata 4:00-4:45	Youth Swim Lessons 4:00-5:30	OPEN/ End Zone Swim 3:30-5:30		
Aqua Zumba@ 5:30-6:30	Aqua Jam 5:30-6:15	Swim Start 4:55-5:30			Y Aquatics Hours Mon-Fri 5:30am-8:30pm Saturday 7:30am-6:30pm Sunday 10:30am-6:30pm	
OPEN w/2 Lap Lanes 6:30-8:30	OPEN w/2 Lap Lanes 6:30-8:30	OPEN with 2 Lap Lanes 5:30-8:30		OPEN 5:30-8:30		
8:30pm Pool Area Closed						

POOL SIZE 15x25 YARDS

NO LAP SWIMMING 1-4:00pm on NO SCHOOL DAYS For those dates go to:

<https://www.isd318.org/domain/57>

Schedule subject to change



ITASCA YMCA POOL RULES

(State Law) Shower before entering and reentering the pool, whirlpool and after sauna.
NO running or rough play.

NO spitting, spouting water, nose blowing in pool.

NO glass allowed.

NO food allowed.

(State Law) No one with open sores, infections, or rashes.

NO diving.

NO flips, back dives, or throwing kids.

NO non-swimmers past the 4-foot line.

Children under 10 years old must have direct adult supervision.

This means the adult must be IN the pool within arm's reach of child/children even if the child is wearing a flotation device.

NO lifejackets in the deep end. Deep end is for proficient swimmers.

All children must pass a swim test to use the deep end.

NO cutoffs, denim, underwear, thong swimsuits allowed.

NO hanging on lane ropes.

Pool door to lobby is for emergency or Y management staff only.

NO public display of affection.

NO street shoes on the pool deck.

All children must be in a swim diaper if not toilet trained.

Prolonged underwater swimming and breath holding games are not permitted.

Cell phone use in locker rooms is strictly prohibited

Whirlpool Rules:

For health reasons it is not advised for children under 6 years to use a whirlpool.

Children 6-10 may use the whirlpool for a short time under direct supervision of a parent who is also in the whirlpool.

NO toys, swimming, diving, jumping, submerging head, public display of affection or lifejackets.

All applicable pool rules.

Sauna Rules:

NO children under 6 years old.

Children 6-10 may use the sauna for a short time under direct supervision of a parent who is also in the sauna.

All applicable pool rules.

SAFETY IS OUR PRIORITY

The pool is a great place to have fun and exercise, but the most important thing at the Y is your safety. Our staff are certified by the American

Red Cross and receive frequent training. Please observe the pool area policies to ensure a great experience for you and those around you.

The lifeguard on duty has the final say on all aquatic area rules.