


Itasca YMCA POOL Schedule

MARCH-MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:15am Lap Swim					7:30-10:00am Lap Swim 10:30-12:15pm 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		
9:15-10:00 Water Restore	9:15-10 OPEN	9:15-10:00 Water Restore		9:15-10:00 Water Restore		
10-11 Childcare Swim	10-11 Childcare Swim	10-11 Childcare Swim	9:45-11am Youth Swim Lessons	10-11 Childcare Swim		
					10:15-10:45am Youth Swim Lessons	
11:00am-1:00pm Lap Swim					OPEN Family Swim 11:00am-6:30pm Pool area closes @6:30 5:30-6:30pm Lap Swim Pool area closes @ 6:30pm	
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		
		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				
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					<div>Y Aquatics Hours Mon-Fri 5:30am-8:30pm Saturday 7:30am-6:30pm Sunday 10:30am-6:30pm</div> <div></div>	

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

- 1 Shower before entering the pool or whirlpool.
- 2 No running or rough play allowed.
- 3 No spitting, spouting water or blowing nose in pool.
- 4 No glass allowed on the pool deck.
- 5 No food or drink allowed. Water only in plastic bottles accepted.
- 6 No one with open sores, infections or visible rashes allowed in pools.
- 7 No diving.
- 8 No flips, cannonballs, back dives, throwing kids, etc...
- 9 Children 10 years old and over may swim without an adult in water if:
 - i. he/she can stand in the shallow end with head and shoulders above water
 - ii. AND he/she can easily regain footing from a floating position
 - iii. OR he/she is wearing a USCG approved life vest**Children under 7 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.**
- 10 **Children 7-12 years must have an adult on pool deck watching.**
- 11 Inflatable devices prohibited. We provide lifejackets for your use and convenience. Children using floatbelts or lifejackets cannot cross the 4ft line into the deep end. Floatbelts are for swim lessons.
- 12 4ft line into the deep end. Floatbelts are for swim lessons.
- 13 All children must pass a swim test to use the deep end.
Test as follows (use of flotation device is not permitted):
 - i. Child must swim the width of the pool and back without stopping or touching the bottom. (Pushing off the side is acceptable.)
 - ii. Tread water for 30 sec, front float for 10 sec and tread water again for another 10 sec.
- 14 No cutoffs or denims allowed.
- 15 No hanging on lane ropes.
- 16 Pool door to lobby is for emergency use only.
- 17 No hanging on ladders or playing on stairs.
- 18 No street shoes on the pool deck.
- 19 Children under 12 must have a parent or other adult in lap lane with them during lap swim times unless they receive permission from the aquatics director.
- 20 All children must be in a swim diaper if not toilet trained.
- 21 **Whirlpool Rules:**
 - i. Children under 6 years old should NOT use whirlpool.
 - ii. Children 6-11 may use the whirlpool for a short time under direct supervision of a parent who is also in the whirlpool
- 22 **Sauna Rules:**
 - i. NO children under 6 years old
 - i. Children 6-13 may use the sauna for a short time under direct supervision of a parent who is also in the sauna