



Itasca YMCA POOL Schedule

February - May

NO ISD 318 School days End Zone Child Watch will have pool reserved 1-2pm AND

NO 1-3pm Lap Swimming check here for school calendar <https://www.isd318.org/domain/57>

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

Schedule subject to change

SEE BACK PAGE FOR POOL RULES

ITASCA YMCA POOL RULES

(STATE LAW) Shower before entering & reentering the pool, whirlpool, & after sauna.

NO running or rough play.

NO spitting, spouting water, nose blowing in pool.

NO glass allowed.

NO food allowed.

(STATE LAW) NO open sores, infections, or rashes.

NO Diving.

NO flips, back dives, or throwing kids.

NO non-swimmers past the 4-foot line. (Unless over 12 yrs with CG approved lifejacket OR under 12 yrs within arms reach of adult and wearing a CG approved lifejacket.)

Children under 12 yrs must have active, pool side supervision.

Children under 7 yrs/50" tall must have responsible caregiver in the pool within arms reach of child even if in floatation device.

(Children must be able to stand firmly on the pool floor or be within arms reach of an adult.)

All children must pass a swim test to be in deep end. (Lifeguards may require a swim test for any swimmer, regardless of age, if they suspect limited ability.)

NO cutoffs, denim, underwear, thong swimsuits.

NO hanging on lane ropes.

Pool door to lobby is for emergency/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 & breath holding is not permitted.

Cell phone use in locker rooms is strictly prohibited.

WHIRLPOOL RULES

NO children under 5 yrs old allowed in whirlpool.

Children ages 3-4 may sit on edge with their feet in the water only, and must be directly supervised by an adult.

Children ages 5-11 must be accompanied by an adult in the whirlpool at all times.

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

All applicable pool rules apply to the whirlpool.

SAUNA RULES

NO children under 6 yrs old allowed in the sauna.

Children 6-11 may use the sauna for a short time under direct supervision of a adult who is also in the sauna.

All applicable pool rules apply to the sauna.

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.