



# POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SESSION BREAK: MONDAY JUNE 25<sup>TH</sup> THROUGH SUNDAY JULY 1<sup>ST</sup>**

Pool Hours	Mon 6/25	Tue 6/26	Wed 6/27	Thu 6/28	Fri 6/29	Sat 6/30	Sun 7/1
	5:00am- 10:30pm	5:00am- 10:30pm	5:00am- 10:30pm	5:00am- 10:30pm	5:00am- 9:30pm	6:00am- 9:00pm	6:00am- 9:00pm
Please note: to allow time for changing, the pool closes before the building							
<b>Adult Lap Swim</b> , 16+ years old – At least one lane will be open, during normal pool operating hours [see above], for adult lap swim							
<b>Family Swim</b>	9:30am- 8:30pm	9:30am- 8:30pm	9:30am- 8:30pm	9:30am- 8:30pm	9:30am- 8:30pm	9:30am- 8:30pm	9:30am- 8:30pm
	Children 8 years of age or under must have a parent with them in the water						
	Children 9, 10 or 11 years of age must have a parent present in the pool area						
<b>Seniors</b> 55+ yrs	7:30am- 8:30am	7:30am- 8:30am	7:30am- 8:30am	7:30am- 8:30am	7:30am- 8:30am	7:30am- 8:30am	7:30am- 8:30am

**Thank you!**

# Pool Rules:

For the health, safety and enjoyment of all of our members, please comply with the following:

## Safety & Supervision

1. Children under 9 years of age must have a parent, guardian or instructor in the water with them, directly supervising their activities
2. Children 9, 10 or 11 years of age must have a parent, guardian or instructor present in the pool area supervising their activities
3. Children 12 years of age or older may swim without a parent, guardian or instructor present under the supervision of the lifeguard
4. Non-swimmers [as determined by YMCA aquatics staff], regardless of age, are restricted to chest-deep water or shallower
5. The use of inflatable flotation devices is not permitted at any time for any reason
6. Due to the risk of blackout from hyperventilation, breath holding and prolonged underwater swimming are not permitted
7. For your safety, there is no running, jumping, diving, pushing, dunking or rough play permitted in the pool area
8. All of the lap swim lanes circle counter-clockwise, members must observe this pattern when swimming
9. When lap swimming, please enter at the shallow end, stay in the lap lanes and pass only at the wall
10. To ensure safety, specific strokes may be prohibited at the lifeguards' discretion, based on pool conditions
11. Lane lines and other pool dividers are for demarcation purposes only and are not intended to support a swimmer's weight
12. Pool rules are subject to the lifeguards' discretion – rules may be added or adjusted, as needed, to ensure safety
13. Everyone in the pool area must immediately comply with the directions of the lifeguards and any supporting YMCA staff
14. In any emergency situation, the pool must be cleared immediately to allow lifeguards and other staff to respond effectively

## Health & Sanitation [see also NYC DHMH below]

1. Street shoes and strollers are not permitted in the pool area
2. A warm, soapy shower is required of everyone before entering the water
3. Make-up, deodorants, lotions, medicines, patches, band-aids or other skin applications must be removed before swimming
4. Swim caps are required for everyone
5. Diapers are not permitted in the pool [please use "swim diapers" or rubber pants] and changing is not permitted in the pool area
6. Please take children on bathroom breaks often, starting with one before they swim
7. Food, beverages and chewing/bubble gum are not permitted in the pool area; please avoid swimming immediately after eating

## New York City Department of Health & Mental Hygiene

1. The maximum number of persons permitted to be in the water at one time is 124
2. The maximum number of persons permitted to be on the deck at one time is 5
3. Pool use is prohibited outside of the hours listed on the pool schedule and at any time when there is no lifeguard on duty
4. Any person having any contagious disease or infectious condition such as sores or inflamed eyes, a cold, nasal or ear discharge, cuts, boils or other evident skin or other bodily infection shall not be permitted to enter the pool
5. Urinating, expectorating or blowing the nose, or allowing any human waste in any pool is prohibited
6. Any person under the influence of alcohol or exhibiting erratic behavior shall not be allowed to enter the pool area
7. The emergency telephone number for police, fire and hospital is 911 [the phone is in the Aquatics Director's office]

Please feel free to contact our Aquatics Director, Michael R. Creegan,  
at 347-739-3584 or [mcreegan@ymcanyc.org](mailto:mcreegan@ymcanyc.org).