



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Spears Family YMCA

Effective 2/13/12

Monday, Wednesday, Friday		Tuesday & Thursday		Saturday (open at 6am) & Sunday (open at 12pm)	
5:00-5:45 AM	LAPS (5) REC SWIM	5:00-6:00 AM	LAPS (5) REC SWIM	6:00-7:30 AM	LAPS (5) REC SWIM
5:45-6:45 AM	LAPS (4) <i>Water Fitness</i> <i>Zero-3ft Only</i>	6:00-8:30 AM	LAPS (3) <i>Water Fitness</i> <i>Zero-3ft Only</i>	7:30-8:30 AM	LAPS (3) <i>Water Fitness</i> <i>Zero-3ft Only</i>
6:45-8:30 AM	LAPS (3) <i>Water Fitness</i> <i>Zero-3ft Only</i>	8:30-10:00 AM	LAPS (2) <i>Water Fitness</i> <i>Zero-3ft Only</i>	8:30 AM-12:00 PM	LAPS (2) Swim Lesson <i>Zero-3ft Only</i>
8:30-11:00 AM	LAPS (2) <i>Water Fitness</i> <i>Zero-3ft Only</i>	10:00-10:45 AM	LAPS (3) <i>Water Fitness</i> <i>Zero-3ft Only</i>	12:00-5:45 PM	LAPS (3) <i>Water Fitness</i> <i>(Sun. only 12:15-1:15pm)</i> REC SWIM Pool Parties-Sat
11:00 AM-1:00 PM	LAPS (3) <i>Water Fitness</i> <i>Zero-3ft Only</i>	10:45 AM-4:30 PM	LAPS (5) LAPS (3)- Thur Only (10:45-12:15) REC SWIM	POOL POLICIES 1. All children 13 and under must be accompanied by an adult, or demonstrate swimming proficiency by completing a swim test. Children 8 & Older who HAVE PASSED a swim test , may be left unattended in the pool are for UP TO ONE HOUR (Parents are not required to stay in the pool area, but must remain in the building & notify the Lifeguard on Duty prior to leaving children unattended in the pool area). 2. Children 5 & under MUST be accompanied by an adult in the water & within arms reach of the child at ALL TIMES . 3. The Dew Drop and Water Slide have separate hours from the normal pool schedule, signs are posted indicating open times for these features. 4. SWIM TESTS: All children under the age of 18 MUST pass a lifeguard administered SWIM TEST before being allowed access to the deep end of the pool and slide. Please see a member of the Aquatics Staff for more information on swim testing.	
1:00-4:30 PM	LAPS (5) REC SWIM	4:30-7:30 PM	LAPS (2) Swim Lesson GCY Swim Team <i>Zero-3ft Only</i>		
4:30-7:30 PM	LAPS (2) Swim Lesson GCY Swim Team <i>Zero-3ft Only</i>	7:30-9:45 PM	LAPS (3) <i>Water Fitness (Thur only 7-8pm)</i> REC SWIM Shallow only till 7:30 (Thur only)		
7:30-8:00 PM	LAPS (3) <i>Water Fitness (Mon, Wed 7-8pm)</i> REC SWIM Shallow only till 7:30 (Mon, Wed Only)	LEGEND (#): Indicates number of lap lanes available REC SWIM: Indicates Open Swim times Zero - 3ft Only: Indicates free swim, but only in that area (ramp side of pool)			
8:00-9:45 PM	LAPS (3) REC SWIM				
CONTACT INFO Bethany Williard * Aquatics Director 336-387-9622 bethany.williard@ymcagreensboro.org Website: spearsymca.org					

