



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Aquatics Center at the McGrath Family YMCA

Effective September 3, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTDOOR POOL LAP SWIM*	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	7:00am-5:00pm	7:00am-4:30pm
OUTDOOR POOL FAMILY SWIM**	3:00pm-7:00pm	3:00pm-7:00pm	3:00pm-7:00pm	3:00pm-7:00pm	3:00pm-7:00pm	9:00am-12:00pm	NONE
INDOOR POOL LAP SWIM*	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	7:00-8:00am 12:00-5:00pm	7:00am-4:30pm
INDOOR POOL FAMILY SWIM	12:00-2:55pm 7:00-8:00pm	12:00-2:55pm 7:00-8:00pm	12:00-2:55pm 7:00-8:00pm	12:00-2:55pm 7:00-8:00pm	12:00-8:00pm	7:00-8:00am 12:00-5:00pm	7:00am-4:30pm
SPLASH PAD	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	7:00am-5:00pm	7:00am-4:30pm
SPA	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	5:30am-8:00pm	7:00am-5:00pm	7:00am-3:30pm

POOL RULES

Life jackets are available for non-swimmers. If worn, the swimmer must be within arm's reach of an active guardian in the water at all times.

Note for parents:

- Children **6** and under must be accompanied by a parent/caregiver at least 16 years of age in the water unless they are able to pass the YMCA Swim Check. Children who pass the Swim Check must still have a parent/caregiver in the pool area.
- Children **7 - 12** years old may be in the pool unaccompanied if they are able to stand comfortably in the swim zone OR pass the Swim Check, but a parent must remain in the facility. Please check in with the lifeguards and let them know what part of the facility you will be in.
- Children **13** and older may be in the pool and facility unaccompanied.
- If there are 2 children for 1 adult in the water, 1 child must wear a life jacket unless the other child can pass the Swim Check expectations.

Water exercise classes are available for ages 12 years and older.

Please be sure that young children are wearing a secure swim diaper and older children use the restroom before entering the pool. In addition, children have recently been sick, or have had an upset stomach, should not be allowed to swim. Health regulations mandate the pool be closed for up to 72 hours, should an accident occur.

SCHEDULE NOTES

*Outdoor Pool/Indoor Pool Lap Swim: Please see reverse for Lap Lane availability

**Outdoor Pool Family Swim: Will be limited to 1-2 designated lanes in the shallow end of the outdoor pool
 Please note: The McGrath Family YMCA runs frequent drills to ensure the safety of our swimmers. Please exit the pool immediately if you hear 1 long whistle blast.

KNOW BEFORE YOU GO

Now you can get text updates directly to your phone regarding unscheduled events that could affect your visit to the pool.

TEXT BELOW GROUP CODE TO 84483:

MGYPOOLS: Updates on outdoor/indoor pool, splash pad and spa
MGYWATEREX: Water exercise schedule changes and cancellations

DID YOU KNOW?

The McGrath YMCA offers a variety of Aquatics Programming including:

- Group, Private & Semi-Private Swim Lessons
- Competitive Swim Team
- Masters Swim Program
- Aquatics Training

Please see the front desk for additional information or to register!

LAP LANE AVAILABILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-7:00am	Outdoor: 6 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 6 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 6 Indoor: 3	CLOSED	CLOSED
7:00am-9:00am	Outdoor: 9 Indoor: 2	Outdoor: 9 Indoor: 2	Outdoor: 9 Indoor: 2	Outdoor: 9 Indoor: 2	Outdoor: 9 Indoor: 2	Outdoor: 9 Indoor: 2	Outdoor: 9 Indoor: 2
9:00am-12:00pm	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 0	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 2	Outdoor: 9 Indoor: 3
12:00pm-2:55pm	Outdoor: 9 Indoor: 3	Outdoor: 6 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 6 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 9 Indoor: 3
3:00pm-4:30pm	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 2	Outdoor: 7 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 9 Indoor: 3
4:30pm-7:00pm	Outdoor: 3 Indoor: 1	Outdoor: 3 Indoor: 1	Outdoor: 3 Indoor: 1	Outdoor: 3 Indoor: 1	Outdoor: 4 Indoor: 3	CLOSED at 5:30pm	CLOSED at 4:30pm
7:00pm-8:00pm	Outdoor: 9 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 9 Indoor: 3	Outdoor: 9 Indoor: 3	CLOSED	CLOSED

LAP LANE CONSIDERATIONS

- Aquatics staff maintain the authority to make changes to the lap lane availability at any time.
- Please share a lane and circle swim during popular times, or when fewer lap lanes are available.
- Training is an important part of maintaining an effective lifeguard team. Please be considerate of any aquatics staff trainings, which may need the use of specific lanes.
- There will be limited lap lanes available 11:00am to 3:00pm October 7-11 & October 14-18 due to Camp Swim

WATER EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA FIT	9:15-10:10am 6:00-6:55pm	8:00-8:55am 6:00-6:55pm	6:00-6:55pm	8:00-8:55am 6:00-6:55pm	9:15-10:10am	8:00-8:55am	NONE
AQUA ZUMBA	10:15-11:10am	NONE	9:15-10:10am	NONE	NONE	NONE	NONE
DEEP WATER	NONE	10:15-11:10am	NONE	10:15-11:10am	8:00-8:55am	NONE	NONE
HYDRO HEALING	NONE	9:15-10:10am	10:15-11:10am	9:15-10:10am	10:15-11:10am	NONE	NONE

For questions about water exercise classes, please contact Health & Wellness Director, Karen Williams at kwilliams@ymca.org or 619-462-9622 x13316