



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS SCHEDULE

Sally's YMCA

Outdoor Pool | June 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	8:00a-11:30a	8:00a-11:30a 3:30p-5:45p	8:00a-11:30p	8:00a-11:30a 3:30p-5:45p	8:00a-11:30a 3:30p-7:00p	8:00a-12:00p	12:00-4:00
WATER FITNESS CLASS		9:00a-9:45a		9:00a-9:45a		9:00a-9:45a	
GROUP SWIM LESSONS (PAID PROGRAM)	9:00a-10:20a 4:00p-5:20p	9:00a-10:20a 4:00p-5:20p	9:00a-10:20a 4:00p-5:20p	9:00a-10:20a 4:00p-5:20p		10:15a-12:30 p	
SWIM TEAM (PAID PROGRAM)	5:30p-7:00p		5:30p-7:00p				
FAMILY SWIM (ALL AGES)	10:00 am-7:30p	10:00 am-7:30p	10:00 am-7:30p	10:00 am-7:30p	10:00 am-7:30p	10:00-4:00	12:00-4:00

WELCOME TO THE POOL!

- Monday–Friday 11:30 am–3:30 pm Summer Camp will also be in the pool area– please be aware it may be busier during this time to accommodate both camp and members.
- Weekends & Holidays are YMCA of Catawba Valley MEMBER ONLY DAYS.
- Coolers & snacks are welcomed, however NO GLASS items are permitted.
- WATER SLIDES use is allowed for green band swimmers ONLY.
- Inflatable flotation devises (like rafts, etc...) are not permitted.
- In the event lighting or thunder are present in the area, the YMCA requires immediate closure of all indoor

GUIDELINES

- Children 5 years & younger must be supervised by a parent within 5 feet at all times.
- Children 6–9 years must have activate adult supervision in the pool at all times.
- Youth ages 10–12 may use pool without a designated adult if they are a green band swimmer.
- Youth 13+ may use pool without adult supervision.
- A swim assessment is required for all children 12 years & younger. Children who do not wish to participate in a swim assessment, will be classified as non-swimmers & are required to wear a coast-guard approved life jacket.
- Once your swim band is issued, please bring with your child every visit. A child may test for a different band up to 2x's per visit. Lending or trading of a swim band to a different child is against YMCA Code Of Conduct.
- Proper swim attire is required. Non-potty trained children must wear a swim diaper & elastic swim pants.

UPCOMING SWIM LESSON SESSION DATES:

06/03–06/13(Mon–Thurs)

06/17–06/20 (Mon– Thurs)

07/8–7/18 (Mon– Thurs)

07/22–8/1 (Mon–Thurs)

•Preschool

9:50 am –10:20 am

4:00 pm–4:30 pm

•School Age

9:00 am–9:40 am

4:40 pm–5:20 pm

06/01–07/27 (Saturday)

•Parent Child (6 months–3 years old)

10:15 am–10:45 am

•Preschool

10:15–10:45 am

•School Age

11:00 am–11:50 am

•School Age Stroke Mechanics

11:50 am –12:30 pm

Questions regarding swim lessons please contact Sarah Bai at sarahb@ymcacv.org