

# **AQUATICS SCHEDULE**

# **Phifer Family YMCA**

## **Indoor Pool**

\*Thanksgiving hours: 11/27 6:00a-1:30p, 11/28 closed, and 11/29 Resume normal operating hours

|   | MONDAY                                       | TUESDAY                    | WEDNESDAY                                  | THURSDAY  | FRIDAY                     | SATURDAY    | SUNDAY |
|---|--|----------------------------|--|---|----------------------------|-------------|--------|
| LAP SWIM                                      | 8:00a-1:30p<br>4:00p-7:30p                   | 8:00a-1:30p<br>4:00p-7:30p | 8:00a-1:30p<br>4:00p-7:30p                 | 8:00a-1:30p<br>4:00p-7:30p                            | 8:00a-1:30p<br>4:00p-7:30p | 8:00a-1:30p | Closed |
| WATER<br>FITNESS<br>CLASS                     | 9:00a-10:00a<br>10:00a-11:00a<br>(arthritis) | 9:00a-9:45a                | 9:00-10:00a<br>10:00-11:00a<br>(arthritis) | 9:00-10:00a<br>10:00-10:45a<br>(paddleboard<br>class) | NO CLASS                   | NO CLASS    | Closed |
| CLOSED<br>HOURS                               | 1:30p-4:00p                                  | 1:30p-4:00p                | 1:30p-4:00p                                | 1:30p-4:00p   | 1:30p-4:00p                | 1:30p-4:00p | Closed |
| SWIM TEAM<br>PRACTICE<br>(starting 10<br>\28) | 4:00p-7:00p                                  | 4:00p-5:30p                | 4:00p-7:00p                                | 4:00p-5:30p   | 4:00p-7:00p                | NO PRACTICE | Closed |
| OPEN SWIM<br>(ALL AGES)                       | 6:00a-1:30p<br>4:00p-7:30p                   | 6:00a-1:30p<br>4:00p-7:30p | 6:00a-1:30p<br>4:00p-7:30p                 | 6:00a-1:30p<br>4:00p-7:30p                            | 6:00a-1:30p<br>4:00p-7:30p | 8:00a-1:30p | Closed |

#### **CONTACT US**

Sarah Qurollo Aquatics Coordinator sarahq@ymcacv.org (828) 679-2500

#### **OPERATING POOL HOURS**

Monday-Friday: 6:00a-1:30p

Saturday: 8:00a-1:30p

\*24/7 access is not available for pool use

## **GUIDELINES**

- Children 5 years & younger must be supervised by a parent within 5 feet at all times.
- Children 6-12 years must have activate adult supervision in the pool at all times.
- Youth 16+ may use pool without adult supervision.
- A swim assessment may be required for 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.
- Proper swim attire is required. Non-potty trained children must wear a swim diaper
   & elastic swim pants.