



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

## Phifer Family YMCA Indoor Pool

\*Holiday hours: 12/24 6:00a-1:30p, 12/25 closed, 12/31 6:00a-1:30p, 1/1 8:00a-1:30p

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	8:00a-1:30p	Closed
WATER FITNESS CLASS	9:00a-10:00a 10:00a-11:00a (arthritis)	9:00a-9:45a 10:00-10:45a and 5:30p-6:15p (paddleboard)	9:00-10:00a 10:00-11:00a (arthritis)	9:00-10:00a	NO CLASS	NO CLASS	Closed
CLOSED 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 PRACTICE (starting 10 \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 (ALL AGES)	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	6:00a-1:30p 4:00p-7:30p	8:00a-1:30p	Closed

### CONTACT US

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

### OPERATING POOL HOURS

**Monday-Friday: 6:00a-1:30p and 4:00p-7:30p**  
**Saturday: 8:00a-1:30p**  
\*24/7 access is not available for pool use

## POOL GUIDELINES

- Children 5 years & younger must be supervised by a parent within 5 feet at all times.
- Children 6-12 years must have active adult supervision in the pool at all times.
- Youth 12-15 may use pool with adult supervision located in the facility.
- Teens 16+ may use the 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.
- In the event of bodily fluid contamination, the pool will be evacuated for cleaning & restoration.
- Showers are required before entering the pool.
- No diving in the pool, splashing other people, or foul language.

## WHIRLPOOL GUIDELINES

- **Showers are required before entering the whirlpool.**
- **Observe no more than 15 minutes in the whirlpool at one time.**
- **No more than 5 people in the whirlpool at one time.**
- **Must be 14+ to access the whirlpool**