

GRAND ISLAND YMCA POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 5:30-6:45 AM (6)	LAP SWIM 5:30-6:45 AM (6)	LAP SWIM 5:30-6:45 AM (6)	LAP SWIM 5:30-6:45 AM (6)	LAP SWIM 5:30-6:45 AM (6)		
LAP SWIM 6:45-9 AM (2)	LAP SWIM 6:45-9 AM (2)	LAP SWIM 6:45-9 AM (2)	LAP SWIM 6:45-9 AM (2)	LAP SWIM 6:45-11 AM (2)		
SPECIALITY SWIM 6:45-7:45 AM (2)	SHALLOW WATER 7:00 - 8:00 AM (4)	SHALLOW WATER 7:00 - 8:00 AM (4)	SPECIALITY SWIM 6:45-7:45 AM (2)	SPECIALITY SWIM 6:45-7:45 AM (2)	LAP SWIM 7:30 AM - 12:30 PM 4 LANES	
SHALLOW WATER 8:00 - 9:00 AM (4)	SHALLOW WATER 8:00 - 9:00 AM (4)	AQUA ZUMBA 8:00 - 9:00 AM (4)	SHALLOW WATER 8:00 - 9:00 AM (4)	DEEP WATER 8:00 - 9:00 AM (4)		
SWIM LESSONS 9 - 10:15 AM (4)	SWIM LESSONS 9 - 10:15 AM (4)	SWIM LESSONS 9 - 10:15 AM (4)	SWIM LESSONS 9 - 10:15 AM (4)	SHALLOW WATER 9:00 - 10:00 AM (4)	SPECIALITY SWIM 7:30 AM - 12:30 PM 2 LANES	
LAP SWIM 10:30-11:30 AM (2)	LAP SWIM 10:30-11:30 AM (2)	LAP SWIM 10:30-11:30 AM (2)	LAP SWIM 10:30-11:30 AM (2)			
ARTHRITIS EXERCISE 10:30-11:30 AM	ARTHRITIS EXERCISE 10:30-11:30 AM	ARTHRITIS EXERCISE 10:30-11:30 AM	ARTHRITIS EXERCISE 10:30-11:30 AM			
LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 11:30 AM - 1 PM (6)	LAP SWIM 12:30 - 3:30 PM 2 LANES	LAP SWIM 1:30 - 3:30 PM 2 LANES
SPECIALITY SWIM 1 - 2 PM (4)	SPECIALITY SWIM 1 - 2 PM (4)	SPECIALITY SWIM 1 - 2 PM (4)	SPECIALITY SWIM 1 - 2 PM (4)	SPECIALITY SWIM 1 - 2 PM (4)		
LAP SWIM 1 - 4 PM (2)	LAP SWIM 1 - 4 PM (2)	LAP SWIM 1 - 4 PM (2)	LAP SWIM 1 - 4 PM (2)	LAP SWIM 1 - 4 PM (2)	OPEN SWIM 12:30 - 3:30 PM 4 LANES	OPEN SWIM 1:30 - 3:30 PM 4 LANES
OPEN SWIM 2 - 4 PM (4)	OPEN SWIM 2 - 4 PM (4)	OPEN SWIM 2 - 4 PM (4)	OPEN SWIM 2 - 4 PM (4)	OPEN SWIM 2 - 4 PM (4)		
SWIM TEAM 4 - 5:30 PM (3)	SWIM TEAM 4 - 6:45 PM (3)	SWIM TEAM 4 - 6:45 PM (3)	SWIM TEAM 4 - 5:30 PM (3)	SWIM TEAM 4 - 6:45 PM (3)		
OPEN SWIM 4 - 5:30 PM (3)	OPEN SWIM 4 - 7 PM (3)	OPEN SWIM 4 - 7 PM (3)	OPEN SWIM 4 - 5:30 PM (3)	OPEN SWIM 4 - 7 PM (3)		
SWIM TEAM 5:30 - 6:45 PM (3)			SWIM TEAM 5:30 - 6:45 PM (3)			
SWIM LESSONS 5:30 - 7:30 PM (3)			SWIM LESSONS 5:30 - 7:30 PM (3)			
DEEP WATER 7 - 8 PM (4)	LAP SWIM 7 - 8 PM (2)	LAP SWIM 7 - 8 PM (2)	DEEP WATER 7 - 8 PM (4)	LAP SWIM 7 - 8 PM (2)		
LAP SWIM 7:30 - 8 PM (2)	OPEN SWIM 7 - 8 PM (4)	OPEN SWIM 7 - 8 PM (4)	LAP SWIM 7:30 - 8 PM (2)	OPEN SWIM 7 - 8 PM (4)		

- Lap Swim (# inside () indicates # of lanes available)
- Water Fitness
- Speciality (Senior/Special Needs/Water Walk)
- Swim Lessons
- Open Swim
- Swim Team

- Schedule may change due to weather, special events, etc.
- Stay up to date by checking our facebook page and/or app.
- QUESTIONS? Please email Brooke at brookef@giymca.org
- Need a place for a birthday party? Please email Teresa at theresas@giymca.org

POOL RULES

PLEASE NOTE THAT THE POOL SCHEDULE IS SUBJECT TO CHANGE WITH MINIMAL NOTICE DUE TO OPERATIONAL NEEDS OR UNFORESEEN CIRCUMSTANCES.

* ALL SWIMMERS YOUNGER THAN 15 YEARS OF AGE MUST TAKE A SWIM TEST TO UTILIZE OUR POOL. It is at the discretion of the lifeguard whether the swimmer must wear a lifejacket and where the swimmer is permitted to swim in the pool, based on the swim test.

*The swim test is as follows: Enter the water by sitting on the pool edge and sliding in. Swim from the side of the pool to the first lap rope and back to the wall unassisted and without touching the bottom of the pool. The swimmer must show a recognizable stroke.

Inclement Weather Policy: The pool will close due to lightning or thunder for 30 minutes. Every occurrence of lightning or thunder will reset the 30-minute timer.

Age Restrictions for Pool Use

- Any child wearing a life jacket must be within arms reach of an adult 18 years of age or older at all times.
- All children under the age of 8 must have direct adult supervision.

Pool Dress Code

- Proper swim attire must be worn at all times in the pool. Gym shorts, cut off jeans, cloth and disposable diapers are prohibited. Lifeguards have the right to ask members and guests to leave if they are wearing inappropriate swim attire.
- U.S. Coast Guard Approved lifejackets and wearable foam flotation devices are allowed. An adult 18 years of age or older must be within arms reach of any child wearing a lifejacket.
- Any individual who is not potty trained must wear a Little Swimmers swim diaper while in the pool.

Rules

- Patrons must shower before entering the pool.
- Backward facing dives, flips, and jumps are not permitted from the side of the pool.
- Bottles, glass, and other hazardous objects are prohibited within the pool area.
- Running and horseplay of any kind are not prohibited on the deck or in the pool.
- Breath-holding activities in the pool are not permitted.
- Food, candy, gum, and drinks, other than water, are not permitted in the pool area.
- Hanging on lap lanes, float lines, ladders, and rails is not permitted.
- Do not attempt to distract or engage in conversation with the guard on duty.
- People who appear to be afflicted with cuts, skin disease, communicable diseases, colds, fever, infection or other physical ailments are prohibited from entering the water.
- No spitting, blowing of the nose, or bodily fluids in the water.
- Any person suspected of being under the influence of alcohol or drugs is prohibited from entering the pool and may be asked to leave by the lifeguard.
- Any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability, is allowed in our facility. Service dogs are allowed to accompany the handler to any place in the building or facility where the public, program participants, customers, or clients are allowed. Under the ADA, service animals must be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents him or her from using these devices. Individuals who cannot use such devices must maintain control of the animal through voice, signal, or other effective controls.
- Service dogs may be excluded 1) if the dog is out of control and the handler cannot or does not regain control, or 2) the dog is not housebroken.
- Emotional support animals, comfort animals, and therapy dogs are not service animals under the ADA, and therefore are not allowed in our facility. Pets and all other species of animals or dogs that are not service animals are not allowed in our facility.