

Hastings Lake YMCA Pool Rules



- ★ All persons must shower prior to entering the pool.
- ★ Individuals with hair 4" or longer must have their hair tied back.
- ★ Appropriate Swim Attire is required.
- ★ Colored T-shirts or cut-offs shorts are not allowed.
- ★ Please remove shoes before entering the pool area.
- ★ Strollers are not allowed on deck unless the child is unbuckled.
- ★ Swimmers should walk on deck.
- ★ Food and drinks (other than water) will not be allowed in the pool area.
- ★ Cell phones are not allowed in locker rooms or in the pool area.
- ★ Swimmers should jump or dive facing forward only.
- ★ Diving is allowed in the deep end only not in the shallow end.
- ★ Swimmers wearing YMCA flotation devices must stay in the shallow end. Outside flotation devices are prohibited.
- ★ Infants must wear a swim diaper.
- ★ Any person showing evidence of a skin disease, open cuts or wounds, cold, nasal discharges, inflamed eyes, or any communicable disease will not be allowed to swim.
- ★ Any conduct affecting the safety and comfort of others will not be accepted.
- ★ All individuals under the age of 16, or those exhibiting weak swim skills, must pass a swim test to swim in the deep end.
- ★ At NO time can an instructor, guard, or parent be permitted to "catch" a child who is jumping into the pool.
- ★ Patrons under the age of 16 are not permitted in the sauna.
- ★ Children under 9 years of age **must** have an adult 16 years or older in the water with them at all times.
If the child can pass the deep-end swim test, parents may be out of the water, but must remain on the pool deck.
- ★ Failure to follow the rules may result in removal and possible suspension from the pool.
- ★ The lifeguards have the final discretion in rule enforcement.

October 26-January 4 (Fall II) Pool Schedule Breakdown

Open Swim

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| Monday | 1:30 pm - 4:00 pm / 8:00 pm - 9:30 pm |
| Tuesday | 11:30 am - 4:00 pm / 8:00 pm - 9:30 pm |
| Wednesday | 1:30 pm - 4:00 pm / 8:00 pm - 9:30 pm |
| Thursday | 11:30 am - 4:00 pm / 8:00 pm - 9:30 pm |
| Friday | 1:30 pm - 7:00 pm / 9:00- 9:30pm **Family Swim 7:00 pm- 9:00 pm ** |
| Saturday | 11:30 pm - 5:30 pm |
| Sunday | 12:00 pm - 4:30 pm |

Water Fitness

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|-----------|-------------------------------------|
| Monday | 8:45am – 10:35am / 7:15pm – 8:00pm |
| Tuesday | 8:45 am – 9:30am / 7:15pm – 8:00pm |
| Wednesday | 8:45am – 9:30 am / 7:15pm – 8:00pm |
| Thursday | 8:45am – 10:20 am / 7:15pm – 8:00pm |

Arthritis Aquatics

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| Monday | 10:40am – 11:40am / 11:40 am – 12:40 pm |
| Wednesday | 10:50am – 11:40am / 11:40 am – 12:40 pm |
| Friday | 10:40am – 11:40am / 11:40 am – 12:40 pm |

Swim Team

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| Monday | 4:15 pm-8:00 pm |
| Tuesday-Thursday | 4:15 pm- 7:30 pm |

Swim Lessons

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| Monday-Thursday | 9:00 am -11:25 am / 4:00 pm - 6:25 pm |
| Saturday | 7:25am-12:15am |

Please Note: The schedule will run as noted until December 20.

Beginning December 21, swim lessons and water fitness classes take a break until January 5, so all lanes reserved for those activities will be open for lap swim.