



Itasca YMCA POOL Schedule

November- May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:00am Lap Swim					7:30-10:15am Lap Swim 10:30-12:15pm Lap Swim	
8:30-9:15 Aquacise	8:30-9:15 Aquacise	8:30-9:15 Aquacise	8:30-9:30 OPEN with 2 Lap Lanes	8:30-9:15 Aqua Zumba®		
9:15-10:00 Water Restore	9:15-10 OPEN	9:15-10:00 Water Restore	9:45-11am Youth Swim Lessons	9:15-10:00 Water Restore		
10-11 WeeFolks Swim lesson	10-11 WeeFolks Swim lesson	10-11 WeeFolks Swim lesson		10-11 OPEN		
11:00am-1:00pm Lap Swim					OPEN Family Swim 10:30am-5:15pm 5:30-6:30pm Lap Swim Pool area closes @ 6:30pm	
1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH		1-3:00 OPEN w/1 lap lane 1 lane GICH	1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH	1:00-3:30 OPEN w/1 Lap Lane		
		3-4:45 End Zone Child Watch Swim				
		4:00-5:25 Youth Swim Lessons	4:00-5:25 Youth Swim Lessons	4:55-5:25 Swim Starters		
5:30-6:30 Aqua Zumba®	5:30-6:15 Aqua Jam	5:30-6:15 Water Tabata	5:30-8:30 OPEN with 2 Lap Lanes		Y Aquatics Hours Mon-Fri 5:30am-8:30pm Saturday 7:30am-6:30pm Sunday 10:30am-6:30pm	
6:30-8:30 OPEN w/2 Lap Lanes	6:30-8:30 OPEN w/2 Lap Lanes	6:30-8:30 OPEN w/2 Lap Lanes				
8:30pm Pool Area Closed						

**NO ISD 318 School days End Zone Child Watch will have pool reserved 1-2pm AND
NO 1-3pm Lap Swimming** check here for school calendar <https://www.isd318.org/domain/57>

Schedule subject to change

SEE BACK PAGE

ITASCA YMCA POOL RULES

(State Law) Shower before entering and reentering the pool, whirlpool and after sauna

NO running or rough play.

NO spitting, spouting water, nose blowing in pool.

NO glass allowed.

NO food allowed.

(State Law) No one with open sores, infections, or rashes.

NO diving.

NO flips, back dives, or throwing kids.

NO non-swimmers past the 4-foot line.

Children under 12 years old must have active pool side supervision.

Children under 7 yrs/50" tall must have responsible caregiver IN the pool within arm's reach of child/children even if the child is wearing a flotation device.

All children must pass a swim test to use the deep end.

NO cutoffs, denim, underwear, thong swimsuits allowed.

NO hanging on lane ropes.

Pool door to lobby is for emergency or Y management staff only.

NO public display of affection.

NO street shoes on the pool deck.

All children must be in a swim diaper if not toilet trained.

Prolonged underwater swimming and breath holding games are not permitted.

Cellphone use in locker rooms is strictly prohibited

Whirlpool Rules:

For health reasons it is not advised for children under 6 years to use a whirlpool.

Children 6-12 may use the whirlpool for a short time under direct supervision of a parent who is also in the whirlpool.

NO toys, swimming, diving, jumping, submerging head, public display of affection or lifejackets.

All applicable pool rules.

Sauna Rules:

NO children under 6 years old.

Children 6-12 may use the sauna for a short time under direct supervision of a parent who is also in the sauna.

All applicable pool rules.

SAFETY IS OUR PRIORITY

The pool is a great place to have fun and exercise, but the most important thing at the Y is your safety. Our staff are certified by the American

Red Cross and receive frequent training. Please observe the pool area policies to ensure a great experience for you and those around you.

The lifeguard on duty has the final say on all aquatic area rules.