



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ALEXANDRIA WINTER POOL SCHEDULE

January 6 -March 1, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM - 6:30 AM	5:30 AM-7:00 AM	5:30 AM - 6:30 AM	5:30 AM-7:00 AM	5:30 AM - 6:30 AM		
4 Lap	2 Lap 2 Class	4 Lap	2 Lap 2 Class	4 Lap		
6:30 AM-8:00 AM	7:00 AM - 9:00 AM	6:30 AM-8:00 AM	7:00 AM - 12:00 PM	6:30 AM-8:00 AM	7:00 AM-9:00 AM	
2 Lap 2 Swim Team	4 Lap	2 Lap 2 Swim Team		2 Lap 2 Swim Team	4 Lap	
8:00 AM- 10:00 AM	9:00 AM-9:45 AM	8:00 AM- 10:00 AM	4 Lap	8:00 AM- 10:00 AM	9:00 AM-1:00 PM	9:00 AM-1:00 PM
1 Lap 3 Water Fitness	2 Lap 2 Class	1 Lap 3 Water Fitness		1 Lap 3 Water Fitness	4 Class	4 Class
10:00 AM-4:30 PM	10:00 AM - 4:30 PM	10:00 AM-4:30 PM		12:00 PM - 4:30 PM	10:00 AM-4:30 PM	1:00 PM- 7:30 PM
2 Lap 2 Rec** 1 Class	2 Lap 2 Rec**	2 Lap 2 Rec** 1 Class	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**	2 Lap 2 Rec**
4:30 PM -6:30 PM	4:30 PM -6:30 PM	4:30 PM -6:30 PM	4:30 PM-6:30 PM	4:30 PM -7:30 PM		
1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team	1 Lap 3 Swim Team		
6:30 PM-7:30 PM	6:30 PM -7:30 PM	6:30 PM-7:30 PM	6:30 PM -7:30 PM			
2 Swim Team 2 Class (shallow) 1 Rec** (deep)	2 Swim Team 2 Water Fitness	2 Swim Team 1 Lap 1 Rec**	2 Swim Team 2 Water Fitness			
7:30 PM-8:30 PM	7:30 PM - 8:30 PM	7:30 PM-8:30 PM	7:30 PM - 8:30 PM	7:30 PM -9:30 PM	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Lane assignments subject to change based on special events, maintenance, and unexpected closures.</p> </div>	
2 Swim Team 1 Lap 1 Rec**	2 Swim Team 1 Lap 1 Rec**	2 Swim Team 1 Lap 1 Rec**	2 Swim Team 1 Lap 1 Rec**	2 Lap 2 Rec**		
8:30 PM-9:30 PM	8:30 PM-9:30 PM	8:30 PM-9:30 PM	8:30 PM-9:30 PM			
3 Lap 1 Rec**	2 Lap 2 Rec	3 Lap 1 Rec**	2 Lap 2 Rec**			

IMPORTANT INFORMATION

Swimmers must shower before entering the pool.
Pool closes 30 minutes before the building
No photography or videos allowed.
Spectators must view from upstairs.
Any Questions? Email: Cece Shalevska, Aquatics Director, cveta.shalevska@ymcadc.org

SCHEDULE KEY

Lap = Lane open for swim continuous laps. (Sharing lanes and circle swimming is en
Class = Lane designated to a swim lesson.
Water Fitness = Lane designated to a water fitness class.
Rec** = Lane open for swimmers not swimming continuous laps.
Examples: Children and parents, water exercise. Private Lessons also held in



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YMCA ALEXANDRIA POOL RULES

Our number one priority is safety! For this reason, we have implemented the following rules and guidelines. We kindly ask that you follow these policies and procedures to ensure a fun safe time for all of our participants. Thank you!

1. Lifeguards have the authority to enforce all pool rules
2. No one will be allowed in the swimming area unless the pool is officially open and a lifeguard is on duty. Swimming without a Ready-To-Rescue Lifeguard present on deck is prohibited.
3. Running, rough play, dunking, wrestling, or other improper conduct causing undue disturbances on or about the pool area or any acts which would endanger any patron are prohibited.
4. No diving in water less than 9 feet. Front diving only.
5. No prolonged underwater swimming for time and/or distance. Competitive and/or repetitive breath holding can be deadly and is not permitted. Hyperventilation is absolutely not permitted. This is a YMCA Regulation.
6. Objects or items deemed to be dangerous or unsafe by lifeguard are not permitted in pool area.
7. The Health Department requires all patrons must take a cleansing soap shower before entering the deck area. Sun bathers SHOULD shower before each entrance into the water in order to rinse off perspiration, lotions, sunscreens, etc.
8. No street shoes. The swimming pool and decks must be maintained in a sanitary manner for the protection of patrons. Exceptions may be made for participants and spectators of swimming meets or other water sport activities, operating personnel, personnel engaged in repair work or as approved by the Director.
9. Pool users must wear swimming suits or swimming trunks upon entry into the pool. Clothing such as cut-offs, gym shorts, and underwear is not permitted as swimwear. Clean T-shirts may be worn for modesty or medical reasons but first must be sanctioned by the Pool Manager.
10. Food or refreshments may be consumed only in designated areas. Food or refreshments are not permitted on the pool decks (except plastic bottles of water brought by a patron for personal consumption). Glass containers, alcoholic beverages and drugs are not permitted in the pool area.
11. Use of diving blocks is prohibited - exception only for YMCA Swimming programs
12. Inner tubes, inflated boats, and rafts are not permitted in the pools. Small toys or balls may be allowed in the pools at the Manager's discretion.
13. Persons with open sores or skin diseases are not permitted in the pool. Any person how has or have had diarrhea in the past two weeks, please do not use the pool.
14. All participants are expected to adhere to the YMCA Code of Conduct. Foul language is prohibited.
15. Bringing any animal, other than a registered service animal, onto the immediate premise or allowing any animal to enter the pool water is prohibited.
16. Smoking (tobacco or electronic) is not permitted anywhere in the facilities, buildings, grounds or parking lots.

Aquatics Guidelines related to children

17. All children 12 years of age and under must have an adult with them on the pool deck when in the YMCA facility.
18. Children 5 years of age and under must be supervised by an adult who is in the water with them. Children NOT potty trained need to wear a swim diaper.
19. Any child, who cannot swim the length of the pool unassisted, must have an adult in the water with them regardless of the child's age.
20. Only Coast Guard approved and labeled personal flotation devices may be worn with direct adult supervision. Each individual wearing a personal flotation device must be accompanied by an adult in the pool, within arm's reach. No water wings, back floats, bubbles, ring, swim suit built in flotation or one-sided flotation devices are permitted. Please follow all directions from the lifeguard's. They are here for your safety.

Please consult the pool operator for assistance, if you have questions. Additional rules are posted at the pool area. Enjoy a safe and fun swim!!!