

POOL SCHEDULE



YMCA HOURS

M-Th: 4:45a-10:00p
 F: 4:45a-9:00p
 Sa: 7:00a-9:00p
 Su: 12:00-6:00p

EFFECTIVE 3/17-6/10

Kids Kove Hours:

M-F: 8:30a-1:30p
 M-TH: 3:30p-8:00p
 F: 3:30p-7:00p
 Sa: 8:00a-12:00p
 Su: TBA

Please note that at least one lane will be dedicated to lap swim during open swim times.

	Lap Swim	Open Swim	Water Fitness	Lessons	Swim Team
M	5:15 - 7:45a (Lap Only) 7:45-9:30a (Width) 9:30a - 12:00p 12p-1p (Lap Only) 1:00p - 8:45p	1:00-3:45p Make A Wave* 7 - 8:30p	7:45a - Shallow Water (50m) 8:35a - Deep Water (50m)	5:00 - 6:40p	NO PRACTICE HELD
T	5:15 - 7:45a (Lap Only) 7:45 - 9:30a (Width) 9:30a - 12:00p 12:00 - 1:00p (Lap Only) 1:00 - 5:45p 6:30 - 8:45p	1:00-3:45p Make A Wave* 7 - 8:30p	7:45a - Shallow Water (50m) 8:35a - Deep Water (50m) 6:00p - H2O Fit (30m)	4:30 - 6:45p	NO PRACTICE HELD
W	5:15 - 7:45a (Lap Only) 7:45 - 9:30a (Width) 9:30a - 12:00p 12:00p-1:00p (Lap Only) 1:00-5:00p 6:00-8:45p	1:00-3:45p Make A Wave* 7 - 8:30p	7:45a - Aqua Zumba (50m) 8:35a - Deep Water (50m)	5:00 - 6:40p	5:00-6:00p
Th	5:15 - 1:00p (Lap Only) 1:00-5:45p 6:30 - 8:45p	1:00-3:45p Make A Wave* 7 - 8:30p	6:00p-High Intensity (30m)	4:30 - 6:45p	NO PRACTICE HELD
F	5:15 - 7:45a (Lap Only) 7:45 - 9:30a (Width) 9:30a - 8:45p	1:00-3:45p Make A Wave* 6:00 - 8:30p	7:45a - Shallow Water (50m) 8:35a - Deep Water (50m)	NO CLASSES HELD	NO PRACTICE HELD
Sa	7:15 - 9:00a (Lap Only) 9:00 - 10:40a 10:40a - 1p (Lap Only) 1:00 - 3:00p 3:00-4:00p (Lap Only) 4:00-8:45p	1:00-3:00 4:00 - 8:45p	NO CLASSES HELD	9:00-10:40a	NO PRACTICE HELD
Su	12:00-3:30p 3:30-5:10p 5:10-5:45 (Lap Only)	12:00-3:15p	NO CLASSES HELD	3:30-5:10p	NO PRACTICE HELD

*MAKE A WAVE: Toys may be used in the shallow end of the pool, please bring your own.

Swim lesson sign-up can be done at the Front Desk or online at www.ymca-austin.org. Please visit our website for additional information on our swimming lessons and lifeguarding classes.





POOL POLICIES & RULES

- **ALL PATRONS** must shower before coming in pool.
- **NO STREET SHOES or CLOTHES** on pool deck beyond entry door.
- **CHILDREN** who are not in 2nd grade or higher must be accompanied in water by an adult who is no less than 1 arm's length away from the child while their child is in the pool.
- **CHILDREN** using Special Needs Locker room for swim lessons **MUST** have an adult accompany them. Otherwise we recommend the boys/girls locker rooms for school aged children.
- **DIVING BLOCKS** are only for instructional use only.
- **STEPS** into the pool **MUST** be entered backwards for safety purposes.
- **POOL SCHEDULES** changes frequently. Check at the front desk or website for most recent schedule.
- **LAP SWIM** must be 16 years or older to lap swim. Children 2nd grade and older may be accompanied by an adult in the lap lane **ONLY** if the child has passed the swim test and has a red wrist band. Priority will be given to any adult lap swimmers.
- **MAKE A WAVE TIMES** allow youth and families to bring their own pool toys to use in the shallow end of the pool during this time.
- **FAMILY FUN NIGHTS** Youth in grades 2nd and above are not allowed to use the pool without a family member/supervising adult in the pool. At 8pm Family Fun Night ends and the inflatables will be removed from the pool. There will be lap and open swim until 8:45p.