



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INDOOR POOL SCHEDULE

RYAN FAMILY YMCA

August 15th–February 28th.

\*There will be no swim lessons during the month of December. Stingrays Swim Team starting September 2<sup>nd</sup>.

| MONDAY  | TUESDAY                                      | WEDNESDAY   | THURSDAY                                     | FRIDAY  | SATURDAY                              | SUNDAY                            |
|---|--|---|--|---|---------------------------------------|-----------------------------------|
| <p><b>Crowley High School Swim Team</b><br/>6:00a–7:30a<br/>* Only one lap open for lap swim</p>                                    |  |   |  |   | <p>Lap Swim<br/>8:00a–8:30a</p>       |                                   |
| <p>Lap Swim<br/>7:30a–8:30a</p>   |  |   |  |   |                                       |                                   |
| <p>Water Aerobics<br/>8:30a–9:30a<br/>(No Lap Lane Available)</p>   | <p>Lap Swim<br/>8:30a–11:00a</p>             | <p>Water Aerobics<br/>8:30a–9:30a<br/>(No Lap Lane Available)</p> | <p>Lap Swim<br/>8:30a–11:00a</p>             | <p>Water Aerobics<br/>8:30a–9:30a<br/>(No Lap Lane Available)</p> | <p>Water Aerobics<br/>8:30a–9:15a</p> |                                   |
| <p>Lap Swim<br/>9:30a–11:30a</p>  |  | <p>Lap Swim<br/>9:30a–11:30a</p>                                  |  | <p>Lap Swim<br/>9:30a–11:30a</p>                                  |                                       |                                   |
| <p>Water Aerobics<br/>11:30a–1:30p</p>  | <p>Lap/Family<br/>11:00a–3:30p</p>           | <p>Water Aerobics<br/>11:30a–1:30p</p>                            | <p>Lap/Family<br/>11:00a–3:30p</p>           | <p>Water Aerobics<br/>11:30a–1:30p</p>                            | <p>Lap/Family<br/>12:00p–4:30p</p>    |                                   |
| <p>Lap/Family<br/>1:30p–3:30p</p>   |  | <p>Lap/Family<br/>1:30p–3:30p</p>                                 |  | <p>Lap/Family<br/>1:30p–3:30p</p>                                 |                                       |                                   |
| <p><b>North Crowley High School Swim Team</b><br/>3:30p–5:00p<br/>Starting August 19<sup>th</sup>* no laps available—SPA closed</p> |  |   |  |   |                                       |                                   |
| <p>Stingrays<br/>Swim Team<br/>5p–6p<br/>*One lap open</p>  | <p>YMCA<br/>Swim Lessons<br/>5:15p–7:00p</p> | <p>Stingrays<br/>Swim Team<br/>5p–6p<br/>*One lap open</p>        | <p>YMCA<br/>Swim Lessons<br/>5:15p–7:00p</p> | <p>Stingrays<br/>Swim Team<br/>5p–6p<br/>*One lap open</p>        |                                       |                                   |
| <p>Lap/Family<br/>6:00p–6:45p</p>   |  | <p>Lap/Family<br/>7:00p–8:00p</p>                                 |  | <p>Lap/Family<br/>6:00p–6:45p</p>                                 | <p>Lap/Family<br/>7:00p–8:00p</p>     | <p>Lap/Family<br/>6:00p–7:00p</p> |
| <p>Water Aerobics<br/>6:45p–7:30p</p>   | <p>Water Aerobics<br/>6:45p–7:30p</p>        |   | <p>Lap/Family<br/>7:00p–8:00p</p>            |   |                                       |                                   |

# What kind of Swimmer are YOU?

## Lap Swimmer

**\*Please note that at least one lap lane will be available during Water Aerobics classes and Swim Lessons. However, these are often times to avoid because fewer lap lanes will be available.**

### Lap Swimming Policy

- ◆ There is no maximum capacity per lane, several swimmers can share a lane at one time.
- ◆ With 2 swimmers in the lane, swimmers “split the lane” where each swimmer stays on one side.
- ◆ With 3 swimmers or more, swimmers “circle swim.” Similarly to driving, with circle swimming swimmers stay on the right side of the lane.
- ◆ No mono fins/ankle straps/mermaid tails.

## Water Aerobics Participant

Mon/Wed/Fri: 8:30a—9:30a and 11:30a—1:30p

Tues/Thurs: 9:30a-10:30a

Monday/Wednesday: 6:45p—7:45p

Saturday: 8:30a—9:30a

**\*Pick up a detailed Water Aerobics Schedule at our membership services desk for class detail and instructors.**

## Open/Family Swimmer

**\*Please note that Open/Family swim is only allowed during the times listed. We cannot allow Open/Family Swim during Water Aerobics, Swim Team, or Swim Lessons.**

**\*Swim Test for all children under the age of 14 are required. Please see a lifeguard for details!**

**Spa Rules:** 1.Children under age 12 are prohibited from using the Spa, even placing feet in the Spa.

2.Do not use alone, following vigorous exercise, while under the influence of alcohol, anti-coagulants, anti-histamines, vasodilators, stimulants, narcotics, or tranquilizers. Allow 1 hour after eating before use.

3. No rubberized clothing in the Spa.

4.Anyone suffering from heart disease, diabetes, high or low blood pressure, or pregnant should not use the Spa.

5. Do not go from Spa to pool. This could cause your body to go into shock.

Thank you for your cooperation in keeping our pool safe! Remember, if you ever have any questions, please see a lifeguard or reach out to the Regional Aquatics Coordinator:

Madel Perez, [ryanaquatics@ymcafw.org](mailto:ryanaquatics@ymcafw.org)

## Indoor Pool Rules

1. No cutoffs, denim, or gym shorts allowed in the pool. Appropriate swim attire required.
2. All members/guests must shower before entering the swimming pool or spa.
3. No glass, gum, food, or drinks (other than water) are allowed in the pool area.
4. Only coast guard approved personal flotation devices are allowed.
5. No running on the pool deck, or diving.
6. Swim diapers required for children not potty trained.
7. Children who do not pass the swim test must be in arm’s length of an actively involved caregiver, or wear a properly fitted USCG flotation device.
8. If a child can stand with their head & chin out of the water at any spot of the shallow area, a flotation device or caregiver is not required.