



AQUATICS SCHEDULE

GREATER RIDGECREST BRANCH — 10/30/23 through 12/1/23

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Special Hours Notice: Pool is closed on Thanksgiving Day 11/23/2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am to 9:00am	POOL OPENS AT: 6:00am LAP SWIM MASTERS TEAM 6:00am - 7:30am Up to 4 Lanes	POOL OPENS AT: 6:00am LAP SWIM 4 Lanes OPEN SWIM	POOL OPENS AT: 6:00am LAP SWIM 4 Lanes OPEN SWIM	POOL OPENS AT: 6:00am LAP SWIM MASTERS TEAM 6:00am - 7:30am Up to 4 Lanes	POOL OPENS AT: 6:00am LAP SWIM 4 Lanes OPEN SWIM	CLOSED
9:00am to 12:00pm	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	POOL OPENS AT: 10:30am LAP SWIM SWIM LESSONS 10:30am-1:00pm
12:00pm to 4:00pm	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM 4 Lanes OPEN SWIM	LAP SWIM SWIM LESSONS 10:30am-1:00pm WATER EXERCISE 12:00pm-1:00pm 3 Lanes POOL CLOSSES AT 3:00pm
4:00pm to 7:00pm	LAP SWIM 4 Lanes FAMILY SWIM POOL CLOSSES AT 7:00pm	LAP SWIM 4 Lanes WATER EXERCISE 4:00pm-5:00pm POOL CLOSSES AT 7:00pm	LAP SWIM 4 Lanes FAMILY SWIM POOL CLOSSES AT 7:00pm	LAP SWIM 4 Lanes WATER EXERCISE 4:00pm-5:00pm POOL CLOSSES AT 7:00pm	LAP SWIM 4 Lanes FAMILY SWIM POOL CLOSSES AT 6:00pm	CLOSED

FALL/WINTER WATER TEMPERATURE: About 84°

OPEN SWIM — Open shallow area with 0'-depth entry for relaxed swimming, pool games, water walking and stretching. Aquatics staff may reserve a portion of this area for group or private swim lessons at any time. NO Slide during this time.

FAMILY SWIM — Open shallow area with 0'-depth entry for relaxed swimming, pool games, water walking and stretching. Aquatics staff may reserve a portion of this area for group or private swim lessons at any time. No Family Swim during Swim Lessons, Camp Swim, Swim Team Practices, or Water Exercise Classes.

LAP SWIM — Lap Lanes are available throughout the week. Lessons, Swim Teams, or Classes may occasionally limit lap lane availability.

SWIM BANDS — Ages 12 and under are required to complete a swim test and wear a RED, YELLOW, or GREEN swim band at all times. Please see a member of the Aquatics Team for more information.

SWIM TEAM PRACTICES — Swim Teams are permitted up to 6 Lanes, with the exception of programming lanes. Lap Lane availability WILL be limited during Swim Team Practice times. No Family Swim during this time.

INCLEMENT WEATHER — Aquatics staff are required to clear the pool area (including deck and locker rooms) during heavy rain, strong winds, or when lightning is detected within 7 miles of our location



YOUR SAFETY IS OUR PRIORITY

Swim Bands in YMCA Pools

RED LEVEL

SWIM TEST (without flotation assistance)

- Youth who choose not to take a swim test
- Those who are progressing toward the yellow and green band requirements

FAMILY POOL ACCESS (zero–depth entry)

- Play and practice your swimming skills
- Wear a Coast Guard–approved life jacket AND stay within arms reach of a supervisor (16+ yrs) while actively practicing swimming skills
- Slide use permitted once green band is achieved

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- Wear a Coast Guard–approved life jacket AND stay within arms reach of a supervisor (16+ yrs) while actively practicing swimming skills
- Use of diving board is permitted once green band is achieved

YELLOW LEVEL

SWIM TEST (without flotation assistance)

- Shallow end, swim on front in horizontal position
- Swim half the length of a 2.5–yard pool
- Jump in feet first and touch bottom of pool. Surface and tread water for at least 30 seconds

FAMILY POOL ACCESS (zero–depth entry)

- Play and practice your swimming skills
- May swim in designated open area
- A supervisor (16+ yrs) remains on pool deck at all times.
- Slide use permitted once green band is achieved

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- Swim and play in shallow end, no deeper than 5 feet
- A supervisor (16+ yrs) remains on pool deck at all times
- Use of diving board is permitted once green band is achieved

GREEN LEVEL

SWIM TEST (without flotation assistance)

- Swim 25 yards with horizontal movement and arms out of the water
- Jump in feet first and touch bottom of pool. Surface and tread water for 1 minute

FAMILY POOL ACCESS (zero–depth entry)

- Play and practice your swimming skills
- May swim anywhere in pool
- A supervisor (16+ yrs) remains on pool deck at all times if child is younger than 12
- May use the slide

COMPETITION POOL ACCESS

- Play and practice your swimming skills
- May swim anywhere in the pool.
- A supervisor (16+ yrs) remains on pool deck at all times if child is younger than 12
- May use the diving board

NOTE: Children age 13 and younger will be tested, and ages 14 and older may be asked to do a swim test, if deemed necessary by aquatics staff.

YMCA OF THE SUNCOAST
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