## POOL SCHEDULE
### HILLTOP FAMILY YMCA

### SUMMER SCHEDULE

**Effective: May 7, 2018 – August 27, 2018**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Water Walking (2 lanes) 5:30–7 am</td>
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<td>Early Bird Water Walking (2 lanes) 5:30–7 am</td>
<td>Early Bird Water Walking (2 lanes) 5:30–7 am</td>
<td>Adult Lap Swim (5 lanes) 7–9 am</td>
<td>Independent Water Activity (2 lanes) 9–10 am</td>
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<tr>
<td>Adult Lap Swim (4–5 lanes) 5:30–9 am</td>
<td>Adult Lap Swim (4–5 lanes) 5:30–8 am</td>
<td>Adult Lap Swim (4–5 lanes) 5:30–9 am</td>
<td>Adult Lap Swim (4–5 lanes) 5:30–8 am</td>
<td>Adult Lap Swim (4–5 lanes) 5:30–9 am</td>
<td>Water Fitness (2 lanes) 9–10 am</td>
<td>Adult Lap Swim (5 lanes) 10 am–2 pm</td>
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<tr>
<td>Water Fitness (2–3 lanes) 9–10 am</td>
<td>Water Fitness (2–3 lanes) 8–9 am</td>
<td>Water Fitness (2–3 lanes) 9–10 am</td>
<td>Water Fitness (2–3 lanes) 9–10 am</td>
<td>Water Fitness (2–3 lanes) 9–10 am</td>
<td>Swim Lessons $ (2–3 lanes) 9 am–1 pm</td>
<td>Family Swim (2–3 lanes) 2–5:30 pm</td>
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<tr>
<td>Gentle Water Fitness (2–3 lanes) 9–11 am</td>
<td>Adult Lap Swim (4–5 lanes) 9–11 am</td>
<td>Gentle Water Fitness (2–3 lanes) 10–11 am</td>
<td>Adult Lap Swim (4–5 lanes) 9–11 am</td>
<td>Gentle Water Fitness (2–3 lanes) 10–11 am</td>
<td>Adult Lap Swim (4–5 lanes) 1–2 pm</td>
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<tr>
<td>Swim Lessons $ (2–3 lanes) 10 am–12 pm</td>
<td>Swim Lessons $ (1–2 lanes) 11 am–12 pm</td>
<td>Swim Lessons $ (1–2 lanes) 11 am–12 pm</td>
<td>Swim Lessons $ (1–2 lanes) 11 am–12 pm</td>
<td>Parent/Tot Swim (1–2 lanes) 11 am–12 pm</td>
<td>Rec Swim (2 lanes) 2–4:30 pm</td>
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<tr>
<td>Adult Lap Swim (4–5 lanes) 12–1 pm</td>
<td>Adult Lap Swim (4–5 lanes) 12–1 pm</td>
<td>Adult Lap Swim (4–5 lanes) 12–1 pm</td>
<td>Adult Lap Swim (4–5 lanes) 12–1 pm</td>
<td>Adult Lap Swim (4–5 lanes) 12–2 pm</td>
<td>Adult Lap Swim (4–5 lanes) 4:30–6:30 pm</td>
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<tr>
<td>ABC School (2 lanes) 1–2 pm</td>
<td>ABC School (2 lanes) 1–2 pm</td>
<td>AF Rusty Hinges (2 lanes) 2–3 pm</td>
<td>ABC School (2 lanes) 1–2 pm</td>
<td>AF Rusty Hinges (2 lanes) 2–3 pm</td>
<td>AF Rusty Hinges (2 lanes) 2–3 pm</td>
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<tr>
<td>AF Rusty Hinges (3–4 lanes) 2–3 pm</td>
<td>Adult Lap Swim (4–5 lanes) 2–3 pm</td>
<td>Swim Lessons $ (2–3 lanes) 3:30–7:30 pm</td>
<td>Adult Lap Swim (4–5 lanes) 2–3 pm</td>
<td>Adult Lap Swim (4–5 lanes) 3–5 pm</td>
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<tr>
<td>Swim Lessons $ (2–3 lanes) 3:30–7:30 pm</td>
<td>Swim Lessons $ (2–3 lanes) 3:30–7:30 pm</td>
<td>Family Swim (2 lanes) 7:30–8:30 pm</td>
<td>Swim Lessons $ (2–3 lanes) 3:30–7:30 pm</td>
<td>Rec Swim (2 lanes) 5–6:30 pm</td>
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<tr>
<td>Family Swim (2 lanes) 7:30–8:30 pm</td>
<td>Independent Water Activity (2–3 lanes) 6:30–7:30 pm</td>
<td>Adult Lap Swim (5 lanes) 8:30–9:30 pm</td>
<td>Kids Fitness (2 lanes) 6–7 pm</td>
<td>Adult Lap Swim (4–5 lanes) 6:30–7:30 pm</td>
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<tr>
<td>Adult Lap Swim (5 lanes) 8:30–9:30 pm</td>
<td>Rec Swim (2 lanes) 7:30–8:30 pm</td>
<td>Independent Water Activity (2–3 lanes) 6:30–7:30 pm</td>
<td>Family Swim (2 lanes) 7:30–8:30 pm</td>
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POOL USAGE

REC SWIM
Children age of 6 and under MUST be accompanied in the water by an adult at all times.

FAMILY SWIM
An adult must be in the water during family swim to accompany all youth, ages 0-16. During Family Swim hours the Aquatics Department will be offering Adult swim lanes. Rec & Family Swim can take up to 2 lanes.

ADULT LAP SWIM
Lap swimmers must be at least 13 years of age with a Junior Lap Swimmer Card. Approval is done only by the Director. Please contact the Aquatics Director to set up an appointment.

SHARING Lanes
1. Find your speed; try to find a lane with people swimming at your pace.
2. Let others know; to avoid injury, please check with other swimmers in lane before swimming. Either split the lane or circle counter-clockwise.
3. Enjoy your swim; if you need any assistance, ask the Lifeguard on duty. Please follow the lifeguard’s instructions.

MODIFIED POOL SCHEDULE

May 28: MEMORIAL DAY
Information coming soon

POOL RULES

RESPECT
- Lifeguard has complete authority over the pool area
- Rinse off before entering pool
- Avoid cell phone use
- No video or photography allowed
- Avoid offensive language and tattoos
- No running, pushing, shoving or dunking
- No diving, flips or back jumps
- Equipment may not be reserved

In water fitness class:
- Keep conversations to a minimum
- Be on time for class; you may not join a class more than 10 minutes late
- Follow the instructor’s lead and directions; if you are unwilling to do so, please do not join the class

CARING
- Share lanes and pool space with other swimmers and walkers
- When choosing a lane, only join swimmers of similar skills, abilities, and speed
- Please notify all swimmers before entering a lane
- When 2 swimmers are in a lane, the lane should be split according to the black line on the bottom of the pool; when 3 or more swimmers, swimmers should circle swim by remaining on the right side of the black line at all times
- To pass a swimmer, gently tap their feet and wait for them to get to the wall; only pass a swimmer at the wall
- Lap lanes are for swimmers only
- Water Walking Lane is for walkers only (Water Walking Lane not available during Rusty Hinges Class or Gentle Water Fitness); a second lane will be added based on occupancy
- Private lessons and Water Fitness Training will automatically have a lane reserved; this will not interfere with Water Fitness classes and other programs

HONESTY
- Youth age 6 & under must be supervised by an adult age 18 or over at all times
- Teens ages 13-17 are required to attend a Teen Orientation before using the pool
- During Family Swim, all youth ages 15 & under must be accompanied by an adult in the water
- Lap swimming reserved for ages 16 & up and approved Junior Lap Swimmers age 13 & up

RESPONSIBILITY
- Use the equipment in the way it is intended
- Lap swim equipment reserved for lap swimmers ages 16 & up, or approved Junior Lap Swimmers
- Return all equipment and towels to their proper places
- Remove Band-Aids before entering pool
- Wear swimsuits and appropriate swim attire only; no cotton shirts or shorts
- No glass allowed on pool deck or in shower areas
- Drink water only in plastic containers; no other drink or food allowed
- No standing or waiting on the pool deck
- Children who are not 100% potty trained must wear a swim diaper
- Remind all children to use the bathroom before using the pool
- U.S. Coast Guard-approved life jackets are permitted with approval from the Lifeguard on duty