



# Itasca YMCA POOL Schedule

## October - May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:15am Lap Swim						
8:30-9:15 Aquacise	8:30-9:15 Deep Water Tabata	8:30-9:15 Aquacise	8:30-9:30 OPEN with 2 Lap Lanes	8:30-9:15 Aqua Zumba®	7:30-9:15am Lap Swim	
9:15-10:00 Water Restore	9:15-10 OPEN	9:15-10:00 Water Restore		9:15-10:00 Water Restore	9:30-10am Swim Starters	
10-11 Childcare Swim	10-11 Childcare Swim	10-11 Childcare Swim	9:45-11am Youth Swim Lessons	10-11 OPEN	10:15- 10:45am Youth Swim Lessons	10:30-12:15pm Lap Swim
11:00am-1:00pm Lap Swim					11-11:45am Aqua Yoga**	
1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH		1-3:00 OPEN w/1 lap lane 1 lane GICH	1:00-4:00 OPEN w/1 Lap Lane 1 lane GICH	1:00-3:30 OPEN w/1 Lap Lane	OPEN Family Swim 12:00pm- 5:15pm	OPEN Family Swim 12:30-5:15pm
4:00-5:25 Youth Swim Lessons	4:00-5:25 Youth Swim Lessons	3-4:45 Open/ End Zone	4:00-5:25 Youth Swim Lessons	3:30-5:30 OPEN/ End Zone Swim	5:30-6:30pm Lap Swim Pool area closes @ 6:30pm	5:30-6:30pm Lap Swim Pool area closes @ 6:30pm
5:30-6:30 Aqua Zumba®	5:30-6:15 Aqua Jam	5:30-6:15 Water Tabata	5:30-8:30 OPEN with 2 Lap Lanes		<b>Y Aquatics Hours</b> Mon-Fri 5:30am-8:30pm Saturday 7:30am-6:30pm Sunday 10:30am-6:30pm	
6:30-8:30 OPEN w/2 Lap Lanes	6:30-8:30 OPEN w/2 Lap Lanes	6:30-8:30 OPEN w/2 Lap Lanes	8:30pm Pool Area Closed			

**POOL SIZE 15x25 YARDS**

**NO LAP SWIMMING 1-4:00pm on NO SCHOOL DAYS For those dates go to:**

<https://www.isd318.org/domain/57>

**Schedule subject to change**

\*\*Sign up needed for  
Saturday Aqua Yoga  
[itasca.recliquecore.com/classes/1/](http://itasca.recliquecore.com/classes/1/)

## **ITASCA YMCA POOL RULES**

**(State Law) SHOWER** before entering and reentering the pool, whirlpool and after sauna.

NO running or rough play.

NO spitting, spouting water, nose blowing in pool.

NO glass allowed.

NO food allowed.

**(State Law)** No one with open sores, infections, or rashes.

NO diving.

NO flips, back dives, or throwing kids.

NO non-swimmers past the 4-foot line.

Children under 10 years old must have active pool side supervision.

Children under 7 yrs/50" tall must have responsible caregiver IN the pool within arm's reach of child/children even if the child is wearing a flotation device.

NO lifejackets in the deep end. Deep end is for proficient swimmers.

All children must pass a swim test to use the deep end.

NO cutoffs, denim, underwear, thong swimsuits allowed.

NO hanging on lane ropes.

Pool door to lobby is for emergency or Y management staff only.

NO public display of affection.

NO street shoes on the pool deck.

All children must be in a swim diaper if not toilet trained.

Prolonged underwater swimming and breath holding games are not permitted.

Cell phone use in locker rooms is strictly prohibited.

### **Whirlpool Rules:**

**(State Law) SHOWER** before entering and reentering the pool, whirlpool and after sauna.

For health reasons it is not advised for children under 6 years to use a whirlpool.

Children 6-10 may use the whirlpool for a short time under direct supervision of a parent who is also in the whirlpool.

NO toys, swimming, diving, jumping, submerging head, public display of affection or lifejackets.

All applicable pool rules.

### **Sauna Rules:**

NO children under 6 years old.

Children 6-10 may use the sauna for a short time under direct supervision of a parent who is also in

All applicable pool rules.

### **SAFETY IS OUR PRIORITY**

The pool is a great place to have fun and exercise, but the most important thing

at the Y is your safety. Our staff are certified by the American

Red Cross and receive frequent training. Please observe the pool area policies to ensure a great experience for you and those around you.

The lifeguard on duty has the final say on all aquatic area rules.