

KUENY AQUATIC CENTER POLICIES

- Running, rough play, and unsafe behavior are not permitted in the pool or on the pool deck.
- Equipment must be returned to the proper location after use.
- Food and glass containers are not permitted in the pool area.
- Utilization of pool space is determined by management and enforced by staff.
- **Lap Swim:** Lane-splitting or circle swimming may be required to accommodate all swimmers. Designated lap swimming times are indicated in the pool schedule.
- **Fitness Swim:** All non-lap swimming activities including water walking, independent exercise, and private swim lessons are to be done in this space.

LIFEGUARDS AND ADULT SUPERVISION

Our aquatic staff of American Red Cross certified lifeguards strives to maintain the highest standards possible. The goal is to provide patrons with a safe, clean atmosphere in which families can enjoy aquatic fitness and recreation.

The purpose of the aquatic staff is not to supervise your child, but to ensure the safety of all facility patrons by preventing and responding to emergencies. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons.

- **Direct Supervision:** an adult (18+) is required to be in a swimsuit and in the water with the child at all times; unless the child is participating in a Y supervised program.
 - **Ages 6 and under:** Require Direct Supervision.
 - **Ages 7-9:** Require Direct Supervision unless the child can pass the **deep end swim test**; however an adult must remain on the pool deck.
 - **Ages 10-17:** Are subject to the **deep end swim test** at the lifeguard's discretion. An adult does not have to remain in the pool area.

The deep-end swim test in the lap pool is... Jump in and level off before beginning to swim, then swim to the lifeguard chair in the middle of the pool using a front paddling stroke, tread at that spot for 15 seconds, swim to the end, and then float at the start for 15 seconds, without assistance.

The deep-end swim test in the instructional pool is... Jump in and level off before beginning to swim, then swim to the lifeguard chair in the middle of the pool using a front paddling stroke, tread at that spot for 15 seconds, swim back to the start, and then float at the start for 15 seconds, without assistance.

PROPER SWIMSUIT ATTIRE IS REQUIRED

In the interest of public health and safety, and in compliance with all local and state laws, patrons need to wear appropriate, clean swimwear and shower prior to entering the pools. Guardians must also be in proper swimsuit attire, so if necessary, they can enter the pool to assist the patrons for whom they are responsible.

Appropriate swimsuit attire is defined as clothing specifically designed for use in the water. They are designed to be quick drying and are generally made from smooth, nylon material. Examples of appropriate swimwear include: swimsuits with a lining, rash guard shirts, board shorts, and swim trunks with an affixed/sewn inner lining. Some examples of inappropriate attire include (but are not limited to) basketball shorts, underwear and/or boxer shorts, sports bras, cotton clothing items of any kind, and lifeguard gear (due to liability issues). Inappropriate attire can damage our pumps and off-set our chemical levels.

FLOTATION DEVICES AND TOYS

At this time, flotation devices and pool toys are welcome at our aquatic facility under the following guidelines:

- Children under the age of 10 may only use flotation devices with an adult or guardian in the water, supervising the child.
- Any flotation device or pool toy must be clean and free of any debris (i.e. sand & beach water residue)
- Flotation devices and/or pool toys will be allowed at the lifeguard's discretion.
- Water wings are strongly discouraged for use as flotation devices. The Y recommends only US Coast Guard approved flotation devices.

POOL CLOSINGS

- No meets or closings scheduled

OTHER DATES TO NOTE

- Saturday, April 13th: Breakfast with the Bunny & Healthy Kids Day
- Monday, April 15th: Spring II Member Registration Begins
- Tuesday, April 16th: Senior Day
- Sunday, April 21st: EASTER, YMCA CLOSED
- Monday, April 22nd: Spring II General Public Registration Begins
- Monday, April 22nd - Sunday, April 28th: Spring Break, No Classes
- Monday, April 22nd - Friday, April 26th: Spring Camp (No School for KUSD)
- Monday, April 22nd - Friday, April 26th: Learn to Swim week
- Monday, April 29th: SPRING II SESSION BEGINS



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE A SPLASH

APRIL Pool Schedule

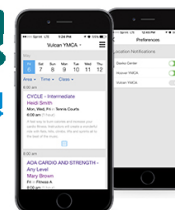


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LAP POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YMCA Opens at 5am	YMCA Opens at 5am	YMCA Opens at 5am	YMCA Opens at 5am	YMCA Opens at 5am	YMCA Opens at 6am	YMCA Opens at 9am
Lap Swim 5am - 8:45pm <small>*See below for available lanes</small>	Lap Swim 5am - 8:45pm <small>*See below for available lanes</small>	Lap Swim 5am - 8:45pm <small>*See below for available lanes</small>	Lap Swim 5am - 8:45pm <small>*See below for available lanes</small>	Lap Swim 5am - 8:45pm <small>*See below for available lanes</small>	Lap Swim 6am - 4:45pm <small>*See below for available lanes</small>	Lap Swim 9am - 4:45pm <small>*See below for available lanes</small>
Open Swim 5am - 8:45pm	Open Swim 5am - 8:45pm	Open Swim 5am - 8:45pm	Open Swim 5am - 8:45pm	Open Swim 5am - 8:45pm	Open Swim 9am - 4:45pm	Open Swim 9am - 4:45pm
Fitness Swim 5am - 3:30pm	Fitness Swim 5am - 3:30pm	Fitness Swim 5am - 3:30pm	Fitness Swim 5am - 3:30pm	Fitness Swim 5am - 3:30pm	Fitness Swim 6-8:30am & 12-4:45pm	Fitness Swim 9am - 4:45pm
WaterInMotion 7am - 8am	Deep Water Fitness 8:30 - 9:30am	Fitness Swimming 5:15am - 6:15am	SilverSneakers® Splash 8:30am - 9:30am	WaterInMotion 7am - 8am	School-Age Swim #1 8:45am - 9:30am	
SilverSneakers® Splash 9am - 10am	SilverSneakers® Splash 9:30am - 10:30am	WaterInMotion 7am - 8am	Home School Jr. Lifeguard 10:15am - 11am	SilverSneakers® Splash 8:30am - 9:30am	School-Age Swim #2 8:45am - 9:30am	
School-Age Swim #2 5:30pm - 6:15pm	Preschool Swim #4 6:15pm - 7pm	SilverSneakers® Splash 9am - 10am	Home School Physical Ed. 10:15am - 11am	Aqua Zumba 9:30am - 10:30am	School-Age Swim #1 9:30am - 10:15am	
School-Age Swim #3 5:30pm - 6:15pm	School-Age Swim #2 6:15pm - 7pm	Preschool Swim #4 12:00 - 12:45pm	Fitness Swimming 6:00 - 7:00pm	Y Child Care Programs 2pm - 3pm	School-Age Swim #3 9:30am - 10:15am	
School-Age Swim #4 6:15pm - 7:00pm	Aqua Zumba 7pm - 8pm	Preschool Swim #4 12:45pm - 1:30pm	School-Age Swim #2 5:45pm - 6:30pm	School-Age Swim #3 5:30pm - 6:15pm	School-Age Swim #4 9:30am - 10:15am	
School-Age Swim #1 7pm - 7:45pm	School-Age Swim #4 7pm - 7:45pm	Advanced Skill Lessons 6:15pm - 7:15pm	Preschool Swim #5 6:15pm - 7pm	Advanced Skill Lessons 6:15pm - 7:15pm	School-Age Swim #5 & #6 10:15am - 11am	
School-Age Swim #3 7pm - 7:45pm		Adult Group Lessons 7:15pm - 8pm	School-Age Swim #4 6:30pm - 7:15pm	School-Age Swim #2 7:00pm - 7:45pm	School-Age Swim #2 11:00am - 11:45am	
			Open Swim 7:15pm - 8:45pm	**During transition times please allow for setup**		

LAP SWIMMING LANES

Number in () indicates the LANES available for Lap Swim. As a courtesy, all swimmers are expected to share lanes and circle swim. *Subject to change.

5:00-9:00am (4-6) 9:00-10:00am (3-5) 10:00am-3:30pm (4-6) 3:30-8:00pm (7 & 8) 8:00-8:45pm (4-8)	5:00-8:30am (4-6) 8:30-11:00am (3-5) 11:00am-3:30pm (4-6) 3:30-8:00pm (7 & 8) 8:00-8:45pm (4-8)	5:00-9:00am (4-6) 9:00-10:15am (4 & 5) 10:15am-3:30pm (4-6) 3:30-8:00pm (7 & 8) 8:00-8:45pm (4-8)	5:00-8:30am (4-6) 8:30-9:30am (4 & 5) 9:30am-5:30pm (4-6) 5:30-7:30pm (6-8) 7:30-8:45pm (4-8)	5:00-8:00am (4-6) 8:00-10:30am (4 & 5) 10:30am-5:15pm (4-6) 5:15-7:45pm (7 & 8) 7:45-8:45pm (4-8)	6:00-8:30am (4-6) 8:30am-Noon (7 & 8) 12:00-4:45pm (4-6)	9:00am-4:45pm (4-6)
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SPRING BREAK - KIDS DAY OUT PROGRAM POOL USAGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
2:00-3:00pm Lap Pool	2:00-3:00pm Lap Pool	2:00-3:00pm Lap Pool	2:00-3:00pm Lap Pool	2:00-3:00pm Lap Pool 3:00-4:00pm Inst. Pool		

WARM WATER INSTRUCTIONAL POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*When pool is open there is at least ONE section available for Open Swim/Play					YMCA Opens at 6am	YMCA Opens at 9am
Fitness Swim 7am - 8am	Aqua Pi-Yo-Chi 8am - 9am	Fitness Swim 7am - 8am	Aqua Pi-Yo-Chi 8am - 9am	Fitness Swim 7am - 8am	Open Swim 9am - 4:45pm	Open Swim 12pm - 4:45pm
Gentle Waves 8:15am - 9:15am	Parent & Child 9:15am - 9:45am	Gentle Waves 8:15am - 9:15am	Y Preschool 9:15am - 10:15am	Tender Touch Therapy 8am - 4pm	Parent & Child 9:30am - 10:00am	
Gentle Waves 9:15am - 10:15am	Preschool Swim #3 9:45am - 10:30am	Gentle Waves 9:15am - 10:15am	Movement & Mobility 11:30am - 1pm	Gentle Waves 8:15am - 9:15am	Parent & Child 10:00am - 10:30am	
Preschool Swim #1 4:45pm - 5:30pm	Preschool Swim #1 10:30am - 11:15am	Tender Touch Therapy 4pm - 6:00pm	Preschool Swim #2 5:30pm - 6:15pm	Gentle Waves 9:15am - 10:15am	Preschool Swim #3 10:15am - 11:00am	
Preschool Swim #2 4:45pm - 5:30pm	Preschool Swim #2 11:15am - 12:00pm	Gentle Waves 5:30pm - 6:30pm	Home School Physical Education 10:15am - 11:00am	Child Care Programs 2 - 4pm	Preschool Swim #1 10:15am - 11:00am	
Preschool Swim #3 4:45pm - 5:30pm	Movement & Mobility 11:30am - 1pm		Preschool Swim #1 5:00pm - 5:45pm	Preschool Swim #1 4:45pm - 5:30pm	Parent & Child 10:30am - 11:00am	
Parent & Child 5pm - 5:30pm	Preschool Swim #2 4:45pm - 5:30pm			Preschool Swim #2 5:30pm - 6:15pm	Preschool Swim #2 11:00am - 11:45am	
Parent & Child 5:30pm - 6pm	Preschool Swim #1 4:45pm - 5:30pm			Preschool Swim #3 6:15pm - 7:00pm	Preschool Swim #3 11:00am - 11:45am	
Preschool #3 6:15pm - 7:00pm	Preschool Swim #3 5:30pm - 6:15pm					
Gentle Waves 5:30pm - 6:30pm	Preschool Swim #3 6:15pm - 7:00pm					
Preschool Swim #1 5:30pm - 6:15pm						
Preschool Swim #2 6:00pm - 6:45pm						
Preschool Swim #2 6:15pm - 7:00pm						

LAP POOL HOURS

MON-FRI: 5am - 8:45pm
SAT: 6am - 4:45pm
SUN: 9am - 4:45pm

WARM WATER INST. POOL HOURS

MON/WED: 7am - 12pm & 4-8pm
TUE/THUR: 8am - 1pm & 4-8pm
FRI: 7am - 8pm
SAT: 9am - 4:45pm
SUN: 12pm - 4:45pm

NO SWIM TEAM PRACTICE IN APRIL

SPRING BREAK, NO CLASSES Monday, April 22nd - Sunday, April 28th
Spring II session will begin Monday, April 29th