



# POOL SCHEDULE

## ATHENS - MCMINN FAMILY YMCA

Please share lap lanes. Special events, classes, or lessons may take precedence over Open Swim space.

Lap Swimming						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:50am-8:00am (6 lanes)	5:50am-8:00am (6 lanes)	5:50am-8:00am (6 lanes)	5:50am-8:00am (6 lanes)	5:50am-8:00am (6 lanes)	8am-5pm (2-3 lanes)	1-4pm (2-3 lanes)
9:00am-4pm (2-3 lanes)	9:00am-4:30pm (2-3 lanes)	9:00am-4pm (2-3 lanes)	9:00am-4:30pm (2-3 lanes)	9:00am-4pm (2-3 lanes)		
6:30-8:45pm (2-3 lanes)	7-8:45pm (2-3 lanes)	6:30-8:45pm (2-3 lanes)	7-8:45pm (2-3 lanes)	6:30-8:45pm (2-3 lanes)		

Open/Family Swim						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
8:15am-10:15am Deep End Only	8:15am-9:15am Deep End Only	8:15am-10:15am Deep End Only	8:15am-10:15am Deep End Only	8:15am-10:15am Deep End Only	8am-5pm (2-3 lanes)	1-4pm (2-3 lanes)
10:15am-4pm (2-3 lanes)	9:15am-4:30m (3 lanes)	10:15am-4pm (2-3 lanes)	9:15am-4:30pm (2-3 lanes)	10:15am-4pm (2-3 lanes)		
6:30-8:45pm (2-3 lanes)	5:30-6:15pm (2 lanes)	6:30-8:45pm (2-3 lanes)	5:30-6:15pm (2 lanes)	6:30-8:45pm (2-3 lanes)		
	7:15-8:45pm (2-3 lanes)		7:15-8:45pm (2-3 lanes)			

Water Exercise Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
8:30am-9:30am Water Fitness	8:15am-9:15am Aquacise	8:30-9:30 Water Fitness	8:15am-9:15am Aquacise	8:30am-9:30am Water Fitness		
	6:15pm-7:15pm Water Fitness		6:15pm-7:15pm Water Fitness			

**Athens-McMinn Family YMCA**  
**205 Knoxville Avenue Athens, TN 37303**

P 423.745.4904 F 423.649.0333 W [www.athensmcminnymca.org](http://www.athensmcminnymca.org)

**Effective: February 4, 2020**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SAFE POOLS HAVE RULES!

### Athens - McMinn Family YMCA Pool Rules

1. Swimming without a lifeguard present is prohibited.
2. Breath-holding activities are not permitted in Y pools.
3. Shower before entering the pool.
4. Persons with bandages, open cuts and wounds are not allowed in the pool.
5. Running on the pool deck, in the hallway, or the locker rooms is not permitted.
6. Children 12 years and under must take a swim test before they enter the water.
7. Street or gym clothes are not permitted in the pool at any time.
8. Y equipment is used for instructional use only.
9. Enter the water facing forward and feet first.
10. Hanging on the lane lines, ladders, and deep ropes is not permitted.
11. Horse play of any kind is not tolerated.
12. The lifeguard's word is final.
13. In case of emergency or drill clear the water immediately.

### Swim Test Policy

The Athens-McMinn Family YMCA is committed keeping our community safe in and around water. The swim test, a proven drowning prevention technique, is given to children 12 years or younger to determine swimming ability.

- **Green Band:** Swims 25 yards with face in the water without touching the bottom or walls/lanes of the pool. Jumps into deep water independently to tread water for a minimum of 30 seconds, and returns to the nearest side of the pool with no signs of exhaustion.
- **Red Bands:** Those who can not successfully complete the above components and those who refuse or are unable to take the swim test.

### Rules for Minors

- All children 12 years and younger must take the swim test, including after school groups, camps, birthday parties and other pool rentals.
- Children under the age of 7 must be accompanied by an adult in the water within arms reach. If they are able to pass a swim test and adult must be present in the pool area.

### Additional Information

#### Athens-McMinn Family YMCA

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