



# Jamerson Easley Family Pool March 1st - March 31st 2019

| Monday  | Tuesday   | Wed  | Thursday  | Friday                                      | Saturday   | Sunday                           |
|---|---|--|---|---|--|----------------------------------|
| Pool opens @ 5:30am<br>Open Swim 5:30am-7am                 | Pool opens @ 5:30am                             | Pool opens @ 5:30am<br>Open Swim 5:30am-7am                | Pool opens @ 5:30am                             | Pool opens @ 5:30am<br>Open Swim 5:30am-7am | Open Swim  | YMCA Swim Lessons                |
| 7am - 8am<br>Teresa's Group                                 | Open Swim 5:30am - 8am                          | 7am - 8am<br>Teresa's Group                                | Open Swim 5:30am-8:00am                         | 7am - 8am<br>Teresa's Group                 | YMCA Camp  | Water Fitness                    |
| Active Seniors 8am-9am                                      | Active Seniors 8am-9am<br>*Centra (See Below)   | Active Seniors 8am-9am                                     | Active Seniors 8am-9am<br>*Centra (See Below)   | Active Seniors 8am-9am                      | Pool Opens @ 7am<br>Open Swim 7am-9am  | WaterSlides<br>Tumble<br>Buckets |
| Arthritic H2O 9am-10am                                      | Aqua Yoga 9am-10am<br>*Centra (See Below)       | Arthritic H2O 9am-10am                                     | Aqua Yoga 9am-10am<br>*Centra (See Below)       | Arthritic H2O 9am-10am                      | YMCA Swim Lessons 9am-12pm   | Pool Opens @ 12:00pm             |
| Arthritic H2O 10:15- 11:15 & MS<br>TheraPOOLtic 11:30-12:30 | Aqua Groove 10am-11am<br>*Centra (See Below)    | Arthritic H2O 10:15-11:15 & MS<br>TheraPOOLtic 11:30-12:30 | Aqua Groove 10am-11am<br>*Centra (See Below)    | Arthritic H2O 10:15-11:15                   | Open Swim 12pm-2pm   | Open Swim 12pm-2pm               |
| Open Swim 12:30pm-4:30pm                                    | Active Seniors 11am-12pm<br>*Centra (See Below) | Open Swim 12:30pm-2pm<br>*Centra (See Below)               | Active Seniors 11am-12pm<br>*Centra (See Below) | Tai Chi 11:15-12:15pm                       | Slides & Buckets 2pm-5pm   | Slides & Buckets 2pm-5pm         |
| YMCA Swim Lessons 4:30pm-7:30pm                             | Open Swim 12pm-4:30pm<br>*Centra (See Below)    | Open Swim 2pm-3pm<br>*Centra (See Below)                   | Open Swim 12pm-4:30pm<br>*Centra (See Below)    | Open Swim 12:15pm-6pm                       | Pool Closes @ 5:45pm   | Pool Closes @ 5:45pm             |
| Open Swim 7:30pm-9:45pm                                     | YMCA Swim Lessons 4:30pm-8:30pm                 | Open Swim 3pm-6pm<br>*Centra (See Below)                   | YMCA Swim Lessons 4:30pm-8:30pm                 | Slides & Buckets 6pm-7:30pm                 | <div style="border: 1px solid black; padding: 5px;"> <p><b>When the YMCA camp kids are here the water slides and buckets will be on. Members are welcome to join in on the fun.</b></p> </div> |                                  |
| Open Swim 7:30pm-9:45pm                                     | Aqua Groove 7:10pm-7:55pm                       | Slides & Buckets 6pm-7:30pm                                | Aqua Groove 7:10pm-7:55pm                       | Pool Closes @ 7:45pm                        |  |                                  |
| Pool Closes @ 9:45pm  | Open Swim 7:55pm-9:45pm<br>Pool Closes @ 9:45pm | Open Swim 7:30pm-9:45pm<br>Pool Closes @ 9:45pm            | Open Swim 7:55pm-9:45pm<br>Pool Closes @ 9:45pm |   |  |                                  |

**\*Schedule is subject to change**

## Centra Physical Therapy

**Tuesday/Thursday: 8am-1pm**

\*Please note on Tuesday/Thursday Centra will utilize the Red Band Zone during the time listed above and will be unavailable to members. The Zero Entry will be available for Red Band swimmers.

**Wednesday: 1pm-6pm**

\*Please note on Wednesday's Centra will utilize the far right corner next to the Zero Entry. We ask that our members are courteous to Centra patients during this time.

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# SWIM TEST POLICY

**ATTENTION PARENTS/ GUARDIANS/ COUNSELORS: PLEASE ACTIVELY AND CLOSELY WATCH YOUR CHILD(REN). CHILDREN UNDER THE AGE OF 11 YEARS OLD MUST BE ACCOMPANIED BY AN ADULT. SWIM TESTS ARE REQUIRED FOR ALL CHILDREN.**

## **GREEN BAND: THE SWIMMER MUST BE ABLE TO:**

- **Demonstrate comfort in the water including but not limited to:**
  - **Overall Fitness:** The swimmer is physically able to perform the Swim Test with minimal exertion.
  - **Controlled Breathing:** The swimmer is not out of breath or does not demonstrate strain when performing the Swim Test.
- **Swim 12.5 yards to the GREEN CONE and return without touching the wall.**
  - **Upon entry, the swimmer should be able to go from a vertical position (i.e. standing up) to a horizontal position (i.e. lying down).**
  - **Using a front crawl stroke with face in the water, the swimmer must rotate arms completely out of the water upon each stroke. The body should remain parallel to the surface when swimming.**
- **Please note: 'Doggie Paddle' is not sufficient for a GREEN band.**

## **RED BAND: THE SWIMMER MUST BE ABLE TO...**

- **Demonstrate comfort in the water including but not limited to:**
  - **Overall Fitness:** The swimmer is physically able to perform the Swim Test with minimal exertion.
  - **Controlled Breathing:** The swimmer is not out of breath or does not demonstrate strain when performing the Swim Test.
- **Swim 8.5 yards to the RED CONE and return, touching the wall only once.**
- **Using a front crawl or 'doggie paddle' stroke, the body should remain parallel to the surface when swimming.**

## **FREQUENTLY ASKED QUESTIONS:**

*Q: What if my child doesn't pass either Swim Test?*

A: Swimmers that do not pass either swim test must:

- Have an adult with-in's arm's reach
- OR: be actively engaged in a swim lesson
- OR: be in the shallow portion of the pool wearing a USCG approved Life-Jacket/ PFD

*Q: Can my child re-take the swim test?*

A: Each swimmer is allowed one opportunity to pass the Swim Test per visit.

*Q: Why does my child have to take the Swim Test each time we visit the pool?*

A: Many variables including skill, overall health, and fatigue change from visit to visit. Taking a swim test upon each visit to the pool allows for the Lifeguard to assess the child's ability on that visit to keep your child safe.

**Disclaimer: The lifeguard conducting the swim test will enforce this policy as she/he feels necessary to provide the safest environment for our patrons. Lifeguards may, at any time, ask for a demonstration of swimming ability if they feel there is a question of the child's safety.**