



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# POOL SCHEDULE

**SARPY COMMUNITY YMCA \* 1111 E. First Street \* Papillion, NE 68046 \* (402) 339-9861**

**Effective January 8th– April 27th 2017**

## FAMILY RECREATIONAL POOL

Times listed below are available for open swim.

<b>Sunday</b>	8:00am-3:00pm
	5:30pm-6:30pm
<b>Mon/Wed</b>	5:00am-7:30am
	10:30am-9:30pm
	*slide will not be available from 5:30-6:15 & 7:15-8pm on Mon. or 5:20-8pm on Wed.
<b>Tues/Thurs</b>	5:00-7:30am
	10:30am-5:00pm
	8:00pm-9:30pm
<b>Friday</b>	5:00-7:50am
	10:40am-8:30pm
<b>Saturday</b>	12:00-6:30pm

### If your child is under 8 please follow these guidelines:

- An adult (19 or older) in swim attire must remain in the same area of the pool (in the water) with children under the age of 8.
- Ratio of 1 adult per 3 children under the age of 5. Adult must remain within arms distance of children.
- A swim test must be taken by all youth ages 18 and under in order to go past the rope or use the slide. In addition patrons must be 4 feet tall to use the

## LAP POOL

Times listed below are available for lap swim and water walking only. Available lanes are noted.

2 swimmers per lane.

<b>Sunday</b>	8:00-3:00pm	3 lanes
	3:00-4:20pm	1 lane
	5:15-6:30pm	3 lanes
<b>Monday</b>	5:00-7:30am	3 lanes
	10:30am-5:15pm	3 lanes
	5:15-8:00pm	1 lane
	8:00-9:30pm	3 lanes
<b>Tuesday</b>	5:00-7:30am	3 lanes
	10:30am-4:30pm	3 lanes
	4:30-8:15pm	1 lane
	8:00-9:30pm	3 lanes
<b>Wednesday</b>	5:00-7:30am	3 lanes
	10:30-5:15pm	3 lanes
	5:15-7:30pm	1 lane
	7:30-9:30pm	3 lanes
<b>Thursday</b>	5:00-7:30am	3 lanes
	10:30am-4:30pm	3 lanes
	4:30-8:00pm	1 lane
	8:00-9:30pm	3 lanes
<b>Friday</b>	5:00-8:00am	3 lanes
	10:30-4:30pm	3 lanes
	4:30-8:30pm	3 lane

## LAP POOL CONTINUED

<b>Saturday</b>	7:00-7:50am	3 lanes
	8:00-10:00am	1 lane
	11:30-6:30pm	3 lanes

### Lap Lengths

70 lengths (36 laps) = 1 mile  
35 lengths (18 laps) = 1/2 mile  
18 lengths (9 laps) = 1/4 mile

### Water Slide & Mushroom Fountain

During open swim times, these features alternate running every 15 minutes, at the lifeguards discretion.

### Pool Temperature

84°



**See Back for more pool information.**

## POOL RULES

1. No person shall be permitted to use the pool without first having used the toilet and taken a warm water shower, using soap
2. No glass of any kind is allowed in the pool, on the pool deck, or in the locker rooms
3. Eating, drinking, or chewing gum is prohibited in the pool area
4. No swimming without lifeguard supervision
5. Spitting, spouting of water, and blowing your nose in the pool is prohibited
6. Persons with contagious diseases, open sores, infections conditions, or Band-Aids may not enter the pool
7. No running or pushing on the pool deck. No intentional splashing or dunking in the pool
8. Abusive or foul language is prohibited.
9. No diving in any area of the pool
10. Children under 8 years of age must be accompanied in the pool by an adult, wearing a swim suit, within arms reach
11. No climbing, sitting, or standing on the handrail is allowed
12. Do not swim directly under the slide
13. The island is for lifeguards only
14. Respect the lifeguards, they are here for your safety

15. Ten minutes before every hour there will be a required rest break. During this time swim tests will be given. Swimmers ages 18 and under will be required to take the test to access the deeper sections and the slide.

## Want to use the slide?

The deep water test is conducted in the shallow end and consists of swimming to the island and back, across the width of the pool. Test will be administered by the lifeguard on duty. All swimmers must also be 4feet tall to use the slide.

There will be 10 minute breaks every hour. This will be the only time deep water testing will be done.

## SWIM LESSONS DATES

### Winter

Registration: December 12th, 2016

Session Dates: January 8-March 4

### Spring

Registration: February 20, 2017

Session Dates: March 5-April 29

## PRIVATE LESSONS

Private or semiprivate lessons allow swimmers to enhance their skills or learn basic strokes by meeting individually with a swim instructor for 30 minutes.

Member: \$30/Lesson

Nonmember: \$60/Lesson

Purchase 5 lessons, get 1 FREE:

Member: \$150 Nonmember: \$200

Semi-Private (2-4 participants)

Member: \$15/swimmer

Nonmember: \$30/Swimmer

Purchase 5 lessons, get 1 FREE:

Member: \$100 Nonmember: \$125

## SWIM TEAM CONDITIONING

Conditioning 1—classes help swimmers gain endurance

Class duration: 35 minutes

Member: \$54 Nonmember: \$80

Conditioning 2—further advance strokes and endurance

Class duration: 60 minutes

Member: \$80 Nonmember: \$120

See program guide for class times