



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 May 1 through August 11

FAMILY RECREATIONAL POOL	
Times listed below are available for open swim. <b>Summer Day Camp Swims from M-F Noon-4:00 PM</b>	
<b>Sunday</b>	8:00am-3:00pm
	5:30pm-6:30pm
<b>Mon/Wed</b>	5:00am-6:00am M 5:00am-7:30am W
	10:30am-9:30pm
	*Slide will not be available from 7:15-8:00 PM Mon. 7:45-8:30 PM Tues and Thurs
<b>Tues/Thurs</b>	5:00-7:30am
	10:00-5:00pm
	8:00pm-9:30pm
<b>Friday</b>	5:00-7:50am
	10:40am-8:30pm
<b>Saturday</b>	12:00-6:30pm

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>	5:00-7:15am	3 lanes
	10:30am-6:00pm	3 lanes
	6:00-7:00pm	1 lane
	7:00-9:30pm	3 lanes
<b>Tuesday</b>	5:00-7:30am	3 lanes
	10:00am-4:30pm	3 lanes
	4:30-7:45pm	1 lane
	7:45-9:30pm	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
	10:00am-4:30pm	3 lanes
	4:30-7:45pm	1 lane
	7:45-9:30pm	3 lanes
<b>Friday</b>	5:00-8:00am	3 lanes
	10:30-8:30pm	3 lanes

LAP POOL CONTINUED		
<b>Saturday</b>	7:00-7:50am	3 lanes
	7:50-9:00 am	1 lane
	11:15-6:30pm	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**  
82-85°



See Back for more pool information.

**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 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 slide.

## 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. There will be 10 minute breaks every hour. This will be the only time deep water testing will be done for everyone 17 and under. Testing must be done every day a child comes.

## 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

### Fall 1

Registration: August 20

Session Dates: Sept. 3– Oct. 28

### Fall 2

Registration: Sep 12

Session Dates: Oct. 29–Dec. 23

## 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

6 Sessions:

Member: \$150 Nonmember: \$200

Semi-Private (2-4 participants)

Member: \$15/swimmer

Nonmember: \$30/Swimmer

6 Sessions

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