



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 1 to May 31, 2018

FAMILY RECREATIONAL POOL
Times listed below are available for open swim.

Sunday	8:00 am-3:00 pm
	5:30 pm-6:30 pm
Mon/Wed	5:00am-7:30am
	10:30 am-9:30 pm
Tues/Thurs	5:00-7:30 am
	10:30-5:00 pm
	7:45 pm-9:30 pm
Friday	5:00-7:50 am
	10:40 am-8:30 pm
Saturday	12:00-6:30 pm
Slide Unavailable	Mon: 7:15-8:00 pm Tue and Thurs: 10:30-11:15 am, 7:45-8:30 pm Sun: 12:30-1:15 pm

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 17 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.

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

2 swimmers per lane.

Sunday	8:00-3:00 pm	3 lanes
	3:00-4:20 pm	1 lane
	5:15-6:30 pm	3 lanes
Monday	5:00-6:30 am	3 lanes
	6:30-7:15 am	2 lanes
	10:30 am-6:00 pm	3 Lanes
	6:00-8:30 pm *	1 lanes
	8:30-9:30 pm	3 lanes
Tuesday	5:00-7:30 am	3 lanes
	10:30-11:15 am	2 lanes
	11:15 am- 4:30 pm	3 lanes
	4:30-8:30 pm	1 Lanes
	8:30-9:30 pm	3 lanes
Wednesday	5:00-7:30 am	3 lanes
	10:30-5:15 pm	3 lanes
	5:15-8:30 pm*	1 lane
	8:30-9:30 pm	3 lanes
Thursday	5:00-7:30 am	3 lanes
	10:30-11:15 am	2 lanes
	11:15 am- 4:30 pm	3 lane
	4:30-8:30 pm	1 Lanes
	8:30-9:30pm	3 lanes
Friday	5:00-8:00am	3 lanes
	10:30-8:30pm	3 lanes

LAP POOL CONTINUED

Saturday	7:00-7:50am	3 lanes
	11:20 am-6:30pm	3 lanes

Lap Lengths
72 lengths (36 laps) = 1 mile
36 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°

*On M and W Nights, the Lap lane goes North and South (In front of slide), rather than East and West (The actual direction of lane)



See Back for more pool information.

Deep End Water Swim Test

1. Test will be administered at the swim break, 10 min before each hour
2. Swim across the shallow end of the pool (at least 25 yards) unassisted and without rest, maintaining a positive body position.
3. Jump in the water that is over the individuals head and return to the surface, swim or tread water for at least one minute, swim unassisted to a ladder and climb out of the pool

POOL RULES

1. No person is permitted to use the pool without first having taken a warm water shower, using soap.
2. No person have an obvious communicable disease, skin eruption, cut, sore or lesion, eye, ear, nose, or throat infection is permitted to use any public swimming pool.
3. Spitting or spouting of water, blowing of nose, or any other similar activities in the swimming pool is strictly prohibited.
4. No running, boisterous or rough play, except supervised water sports , is permitted in the pool, or on the runways, diving boards, floats, platforms or in the dressing rooms.
5. Maximum patron load is 260 persons.
6. Children 7 years of age and under must be accompanied in the pool water by an adult that is within arm's reach.
7. No swimming with out lifeguard supervision.
8. No glass of any kind allowed in the pool, on the deck, or in the locker room.
9. Smoking, eating, drinking and chewing gum is prohibited in the pool area.
10. Abusive or foul language is prohibited.
11. No Diving in any area of the pool that is less than 9 feet deep.
12. No prolonged underwater breath holding allowed.
13. Climbing on the water features is not allowed.
14. Do not play with or touch any of the ropes.
15. Proper swim attire is required in the pool.
16. Respect the lifeguards. They re here for your safety.
17. Anyone not abiding by these rules will be asked to leave the premises.

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 11, 2017
Session Dates: January 7– March 3

Spring

Registration: February 18, 2018
Session Dates: March 4- April 28

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

Water Slide Rules

1. Only one person may use slide at a time
2. All persons must wait at the bottom of the stairs/ladder until the previous slider has exited the slide area
3. Please ride safely and slide feet first at all times

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