



YMCA of Belleville & Quinte

City of Quinte West Branch Pool Schedule Effective January 11, 2010

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Lap Pool	Therapeutic Pool	Lap Pool	Therapeutic Pool	Lap Pool	Therapeutic Pool	Lap Pool	Therapeutic Pool	Lap Pool	Therapeutic Pool	Both Pools	Both Pools
Adult Swim 6:30-8:30am		Adult Swim 6:30-8:30am		Adult Swim 6:30-8:30am		Adult Swim 6:30-8:30am		Adult Swim 6:30-8:30am		Adult Swim 8-8:30am	
Aqua Fit 8:30-9:15am	Adult Swim 8:30-9:15am	Aqua Fit 8:30-9:15am	Adult Swim 8:30-9:15am	Aqua Fit 8:30-9:15am	Adult Swim 8:30-9:15am	Aqua Fit 8:30-9:15am	Adult Swim 8:30-9:15am	Aqua Fit 8:30-9:15am	Adult Swim 8:30-9:15am	*Swim Lessons* 8:30am – 12:15pm	
Open Lengths 9:15-10am	Tone & Stretch 9:15-10am	Open Lengths 9:15-10am	Tone & Stretch 9:15-10am	Open Lengths 9:15-10am	Tone & Stretch 9:15-10am	Open Lengths 9:15-10am	Tone & Stretch 9:15-10am	Open Lengths 9:15-10am	Tone & Stretch 9:15-10am		Adult Lane Swim 10:30am – 12:30pm
Swim Lessons 10-10:30am Open Lengths 10-10:30am		*Swim Lessons* 10-10:30am Open Lengths 10-10:30am		**School Rental** 10-10:45am		*Swim Lessons* 10-10:30am Open Lengths 10-10:30am		**School Rental** 10-10:45am		Family/ Youth Swim 8:30-12:15 **Limited Space**	
Family/Youth Swim 10:30am – 12noon		Family/Youth Swim 10:30-12noon		Family/Youth Swim 10:45-12noon		Family/Youth Swim 10:30 – 12noon		Family/Youth Swim 10:45-12noon			Family/Youth Swim 10:30-12:30pm
Adult Swim 12-1pm Aqua Fit 12-12:45pm		Adult Swim 12-1pm		Adult Swim 12-1pm Aqua Fit 12-12:45pm		Adult Swim 12-1pm		Adult Swim 12-1pm		Adult Lane Swim 12:15-1pm	
Open Lengths 1-1:45pm	Aqua Yoga 1-1:45pm	Aqua Fit 1-1:45pm	Adapted Aquatics 1-1:45pm	Open Lengths 1-1:45pm	Aqua Yoga 1-1:45pm	Aqua Fit 1-1:45pm	Adapted Aquatics 1-1:45pm	Aqua Fit 12-12:45pm	Adult Swim 12-1pm	Aqua Fit 12:15-1pm	Drop In Water Sports 12:30-1:15pm
Pathways/Stroke 1:45-2:30pm		*Adult Lessons* 1:45-2:30pm	Tone & Stretch 1:45-2:30pm	**Pathways/Stroke** 1:45-2:30pm		*Adult Lessons* 1:45-2:30pm	Tone & Stretch 1:45-2:30pm	Deep Water Run Fit 1-1:45p	Family/Youth Swim 1:45-4:45pm	Family/Youth Swim 1-5pm	Family/Youth Swim 1-5pm
Open Lengths 2:30-3:30pm	Family/Youth Swim 2:30-4:45pm	Open Lengths 2:30-3:30pm	Family/Youth Swim 2:30-4:45pm	Open Lengths 2:30-3:30pm	Family/Youth Swim 2:30-4:45pm	Open Lengths 1:45-2:30pm	Family/Youth Swim 2:30-4:45pm				
Y Knot Abilities 3:30-5pm		Youth Stroke Development 3:15-4pm		*Y Knot Abilities* 3:30-5pm		Youth Stroke Development 3:15-4pm		*Y Knot Abilities* 3:30-5pm			
Swim Lessons 4-7pm **BYST** 5-7pm 3 Lanes		*Swim Lessons* 4-7pm **BYST** 5:30-8:30pm 3 Lane		*Swim Lessons* 4-7pm **BYST** 5-7pm 3 Lanes		*Swim Lessons* 4-7pm **BYST** 5:30-8:30pm 3 Lane		*Swim Lessons* 4-7pm **BYST** 5-7pm 3 Lanes		Holiday Hours Adult Swim 9:30am – 11:30am Family/Youth Swim 11:30am – 1:30pm	
Family/Youth Swim 7-8pm Aqua Fit 7-7:45pm		Family/Youth Swim 7-8pm		Family/Youth Swim 7-8pm Aqua Fit 7-7:45pm		Family/Youth Swim 7-8pm		Drop In Water Sports 7-7:30pm			
Deep Water Run Fit 7:45-8:30pm	*Adult Lessons* 8-8:45pm		Aqua Yoga 8-8:45pm	*Synchronized Swimming* 7:45-8:45pm	*Adult Master Swim* 8-9pm	*Bronze Med/Cross* 6-9pm	Aqua Yoga 8-8:45pm	Family/Youth Swim 7:30-9:30pm			
Adult Swim 8:30-9:30pm		Adult Swim 8:30-9:30pm *Adult Master Swim* 8-9pm		Adult Swim 8-9:30pm *Adult Master Swim* 8-9pm		Adult Swim 8:30-9:30pm *Adult Master Swim* 8-9pm					



YMCA of Belleville & Quinte

Pool Admission Guidelines

Swim Test at the YMCA of Belleville & Quinte is one length of a supportive stroke without stopping.

❖ **Preschoolers under 6 years old (ages 5 and under)**

Preschoolers may not be admitted to the swimming pool unless they are accompanied by a parent/guardian who is responsible for their direct supervision (in the water, within arms reach), with a maximum of two children for each parent or guardian. Proper Swim Diapers are required for those who are not toilet trained.

❖ **Children Ages 6 – 9 (who cannot pass the swim test)**

Children who are **unable to pass** the facility swimming test must be accompanied by a parent/guardian who is at least 16 years of age and is responsible for their direct supervision (in the water, within arms reach) with a maximum of two children for each parent/guardian. The ratio of non-swimmers to parent/guardian may be increased to a maximum of eight bathers to one parent/guardian (8:1) if lifejackets are worn by all non-swimmers in their charge.

❖ **Children Ages 6-9 (who can pass the swim test)**

Children who are **able to pass** the facility swim test have two options

1. Children must be supervised by parent/guardian (at least 16 yrs of age) while sitting on deck
2. or children must be supervised by parent/guardian (at least 16 yrs of age) while participating in the water

Member Etiquette Statement

The YMCA is a shared experience everyone should enjoy. Each of us can make it better for all by being considerate of others. All staff, volunteers, members and guests should treat each other and the YMCA facilities and equipment with dignity and respect.

Cell Phone & Camera Policy

The use of these items is prohibited in all change rooms, wash rooms and program areas. Photography is permitted in the pool during swim lessons parent's week only. See swim lesson guidelines for more details.

Swim Definitions

Family / Youth Swim – Open to all ages. Pool Admission Guidelines apply.

Adult Lane Swim – Open to those 16 years and over. Lane Swimming Guidelines apply.

Open Lengths – Open to those of any age for lane swimming. Pool Admissions Guidelines and Lane Swimming Guidelines apply.

Facility Rules

In order to ensure that all our members and participants are safe while they are using the pool facilities we ask that the following rules are followed.

- No outdoor footwear on the pool deck
- All bathers must shower before entering the pool area
- All long hair must be tied back
- No food, drink or gum on the pool deck
- Please stay off the railings, lane ropes and buoy lines
- Please play safe and listen to the lifeguards
- Anyone with open wounds or communicable disease is not permitted in the pool
- Proper swim attire is required
- Hypoxic training is not permitted
- Please walk on the pool deck
- No spitting or spouting of water
- No blowing of nose in the pool area
- Swim Diapers are required for those who are not toilet trained

Whistle Blasts

1 whistle blast means attention

2 whistle blasts means clear the pool

Lane Swimming Etiquette

The lane swims have become busy times at our YMCA pools. On behalf of your fellow swimmers and the lifeguarding staff, we ask that you follow this lane etiquette.

- ❖ We ask that all swimmers wait until the lifeguard has signaled that it is safe for you to enter the water. The pool is packed, and we do understand that everyone wants his or her time to swim. We ask that you be patient with the changeover and allow the lifeguards the opportunity to make your swim safe.
- ❖ Please choose your swimming lane according to the speed indicated on the signs and the speed of the swimmers in the lane. If, during your swim, you find yourself faster or slower than most others in your lane, change lanes accordingly. When more than one swimmer is in a lane, circle swimming must occur. Please swim in a counter clockwise circle.
- ❖ For your safety, continuous swimming is required in the medium and fast speed lanes.