

# THERAPY POOL SCHEDULE

Winter I Break Week  
Feb 20th-Feb 25th

Schedule is subject to change.

<http://www.pembayymca.net/>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am	9AM-10:30AM Y Programming	9AM-10:30AM Y Programming	9AM-10:30AM Y Programming	9AM-10:30AM Y Programming	9AM-10:30AM Y Programming	9am-1130am Family Swim	
10am	10:30AM-11:15AM Liquid Toning	Open Swim 1030am-12pm	10:30AM-11:15AM Liquid Toning	Open Swim 1030am-12pm	Open Swim 1030am-12pm		
11am	11:15AM-12PM Arthritis		11:15AM-12PM Arthritis				
12n						12PM-1PM Open Swim/Slide	12PM-1PM Open Swim
1pm						1PM-3PM Rentals	1PM-2PM Rentals
2pm					3PM-4PM Open Swim		2PM-3:30PM Family Swim
3pm	3-5pm Learn To Swim	3-5pm Learn To Swim	3-5pm Learn To Swim	3-5pm Learn To Swim		3PM-4:30PM Open Swim	3:30PM-4:30PM Open Swim/Slide
4pm					4PM-5PM Kid's Club		
5pm	5:30PM-8PM Open Swim	5:30PM-6:30PM Liquid Toning	5:30PM-8PM Open Swim	5:30PM-8PM Open Swim	5:30PM-8PM Open Swim	<div style="border: 1px solid black; padding: 5px;">                     Shaded areas denote programming.                      This pool is closed for general use during scheduled program times.                 </div>	
6pm		6:30PM-8PM Open Swim					
7pm							

## Basic Pool Rules

1. Please remove street shoes before entering pool area.
  2. Swim only when Lifeguard is on duty.
  3. All swimmers must obey Lifeguard(s) on duty.
  4. Patrons must shower before entering the pool.
  5. Proper swim attire is required. Gym shorts, cutoffs, T-shirts, or ripped suits are not considered appropriate swimwear.
  6. Diving is permitted off the 9-foot wall only.
  7. Please enter the water facing forward only.
  8. Food, drinks (except water), gum, and glass containers are not permitted in the pool area.
  9. Children under the age of 6 must be accompanied by an adult in the water.
  10. Children under the age of 4 must wear rubber swim pants.
  11. Children must be at least 6 months of age in order to use the pool.
  12. Children may not be left unattended in a car seat, stroller, or jump seat on the deck.
  13. A monthly swim test is required of all children; and may be asked of adults if the lifeguard feels that a swimming ability is in questions. Anyone not passing or not wishing to take the swim test must wear either a bubble belt of lifejacket and remain in the shallow end.
- \*Exception is taken when a parent is one-on-one with a child.



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

