



OPEN POOL TIMES

Welcome to the Hammond Family YMCA Aquatics Center! During times that are not listed the YMCA will be conducting swim/dive lessons, aqua fitness classes, team swims etc. For information on aqua fitness classes and lessons please visit the aquatics schedule on the app.

ACTIVITY POOL THROUGH MAY 31	
SUNDAY	6:30-8:50am 1:25-6:30pm
MONDAY	7:00am-9:00pm
TUESDAY	7-7:50am 11:00am-3:50pm 8:15-9:00pm
WEDNESDAY	7:00am-9:00pm
THURSDAY	7-7:50am 11:00am-3:50pm 8:15-9:00pm
FRIDAY	7:00am-9:00pm
SATURDAY	6:30-7:50am 2:10-6:30pm

RIVER THROUGH MAY 31	
M/W/F	10:00am-12:00pm 4-9:00pm
T/TH	11:00am-1:00pm
SAT/SUN	1-6:00pm

TODDLER BAY THROUGH MAY 31	
M/W/F	10:00am-12:00pm 4-9:00pm
T/TH	11:00am-1:00pm
SAT/SUN	1-6:00pm

LAP POOL THROUGH MAY 31		
SUNDAY	6:30-8:50am 9:00am-1:15pm 1:25-6:30pm	6 Lanes 1 Lane 6 Lanes
MONDAY	4:45-7:50am 8-10:45am 11:00am-6:20pm 6:30-8:15pm 8:20-9:30pm	6 Lanes 2 Lanes 6 Lanes 2 Lanes 6 Lanes
TUESDAY	4:45-6:00am 6-6:45am 6:45-7:50am 8-8:45am 9:00am-3:50pm 4-8:15pm 8:15-9:30pm	6 Lanes 3 Lanes 6 Lanes 2 Lanes 6 Lanes 1 Lane 6 Lanes
WEDNESDAY	4:45-7:50am 8-10:45am 11:00am-6:20pm 6:30-8:15pm 8:20-9:30pm	6 Lanes 2 Lanes 6 Lanes 2 Lanes 6 Lanes
THURSDAY	4:45-6:00am 6-6:45am 6:45-7:50am 8-8:45am 9:00am-3:50pm 4-8:15pm 8:15-9:30pm	6 Lanes 3 Lanes 6 Lanes 2 Lanes 6 Lanes 1 Lane 6 Lanes
FRIDAY	4:45-7:50am 8-10:45am 11:00am-6:50pm 7-7:45pm 8-9:30pm	6 Lanes 2 Lanes 6 Lanes 3 Lanes 6 Lanes
SATURDAY	6:30-8:50am 8-8:45am 9:00am-1:05pm 1:10-6:30pm	6 Lanes 2 Lanes 1 Lane 6 Lanes

See back for pool layout.

AQUATICS CENTER POLICIES

Youth Supervision

- Children under the age of 10 must be accompanied by a parent/adult (age 18 & up) when using a YMCA swimming pool, unless in a YMCA organized, supervised program. (Maximum Ratio: 1 adult to 3 children under 10)
- Children under the age of 10 who do not pass the swim test must be within arm's reach of a parent/adult who is in the water.
- Children ages 10 to 11 who do not pass the swim test must have an adult (18 & up) on the pool deck and the child must not go past their chest depth in the water.
- A swim test is required for anyone under the age of 18 to swim in water deeper than chest level.

General

- The aquatics team is here to keep you safe. Please always follow their directions.
- Shower before entering any pool/whirlpool.
- Proper swim attire required. No mono/mermaid fins and/or inflatable flotation devices. Coast Guard approved lifejackets allowed.
- Please refrain from diving, running, and/or rough housing.
- Non-swimmers must be within proximity of a responsible adult. (Ratio 1 adult to 3 non-swimmers)
- No food, gum, or glass containers and items on the pool deck.
- Refrain from smoking, vaping, chewing, alcohol usage, profanity, intimate contact while visiting our YMCA.

SWIM TEST

- To ensure safety, this test must be taken each visit to the pool for those under age 18.
- You may not wear goggles, mask, or nose plugs during the test.
- You may not touch the bottom, walls, lane lines, or lifelines during the test.

Step 1: Jump into the water without plugging your nose and you must submerge your head.

Step 2: Swim 15 yards on top of the water and put your face in while swimming a minimum of two times.

Step 3: Tread water for 30 second, keeping your face above the water.

Step 4: Swim back to start as in Step 2 and climb out.

- Once you successfully pass, you will receive a wristband that you must have on while you swim for your visit.

LAP SWIM GUIDELINES

- **NEED:** If there are no open lanes, swimmers are expected to share lanes with others.
- **SPEED:** Gauge the speeds of each lane and join the lane where the swimmers swim at your speed.
- **SHARE:** If there are two of you in a lane, you can stay on sides. Three or more swimmers in a lane must circle swim. Always discuss with the other swimmer what the plan for sharing is.
- **CARE:** At all times be aware of what is going on within your lane.
- A lifeguard typically knows the best lane for you to enter, so please ask the lifeguard for assistance or any other questions.
- Smile and enjoy your workout. When we work together, lap swimming can be a wonderful experience for all levels of fitness.

TODDLER BAY RULES

- This area is for small children age 5 & under and their families. Please be respectful of those around you.
- Children must be supervised by an adult.
- One person on the slide at a time. All riders must go down feet first and in a sitting position. The landing area from the slide must be clear before going down.
- No tubes, mats, toys, life jackets or other flotation devices permitted.

RIVER RULES

- Swimmers must enter the river at the designated area with the flow of water.
- No climbing over walls or on the island.
- Move with the flow of the current unless it is a designated walking time.

Pool Layout

