

YMCA of MARTHA'S VINEYARD POOL SCHEDULE

**WINTER SESSION 2012
JANUARY 9 - FEBRUARY 25**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP POOL SCHEDULE (*SUBJECT TO CHANGE DUE TO SPECIAL PROGRAMMING)						
LAP SWIM						
6:00-8:30 am	6:00-9:00am	6:00-8:30 am	6:00-9:00am	6:00-8:30 am	7:30-9:00am	8:30am-2:00pm
8:30-11:00am(3L)	9am-11:00am(3L)	8:30-11:00am(3L)	9am-11:00am(3L)	8:30-9:30am(3L)	9:00-11:00am(4L)	2:00-4:00pm (3L)
11:00am-12:00pm	11:00am-2:30pm	11:00am-12:00pm	11:00am-2:30pm	9:30am-2:30pm	11:00am-2:00pm	4:00-5:30pm
12:00-1:00pm (3L)		12:00-1:00pm (3L)				
1:00-2:30pm		1:00-2:30pm				
2:30-4:30pm (2L)	2:30-4:30pm (2L)	2:30-4:30pm (2L)	2:30-4:30pm (2L)	2:30-4:30pm (2L)		
4:30-6:40pm(1L)	4:30-6:30pm(1L)	4:30-6:30pm(1L)	4:30-6:05pm(1L)	4:15-5:00pm(1L)	2:00-6:00pm(3L)	
6:40-7:30pm (3L)	6:30-7:30pm (3L)	6:30-7:30pm (3L)	6:05-7:30pm (3L)	5:00-6:00pm (3L)	6:00-7:30pm	
7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	7:30-8:30pm	6:00-8:30pm		
AQUA FITNESS/ MASTERS SWIM						
8:30-9:30am (3L)	9:15-10:00am (3L)	8:30-9:30am (3L)	9:15-10:00am (3L)			
10:15-11:00am(3L)	10:15-11:00am(3L)	10:15-11:00am(3L)	10:15-11:00am(3L)	8:30-9:30am (3L)		
12:00-1:00pm (3L)	6:30-7:30pm(3)	12:00-1:00pm (3L)	6:30-7:30pm(3L)			
6:45-7:30 (3L)		6:45-7:30pm(3L)				
SWIM LESSONS***						
4:30-6:40pm (2L)	4:30-6:30pm (2L)	4:30-6:40pm (2L)	4:30-6:05pm (2L)	4:15-5:00pm (2L)	9:00-11:00am(2L)	
RECREATION SWIM						
					2:00-6:00pm(3L)	2:00-4:00pm(3L)
SWIM TEAM						
2:30-4:00pm (4L)	2:30-4:00pm (4L)	2:30-4:00pm (4L)	2:30-4:00pm (4L)	2:30-4:00pm (4L)		
4:00-6:30pm (3L)	4:00-6:30pm (3L)	4:00-6:30pm (3L)	4:00-6:30pm (3L)	4:00-6:00pm (3L)		
RECREATION POOL SCHEDULE						
SWIM LESSONS (Recreational pool is closed during swim lesson times)						
4:30-6:30pm	4:30-6:15pm	4:30-6:00pm	4:30-6:30pm		9:00-11:15am	
RECREATION SWIM						
*10:00am-12pm	*10:00am-12pm	*10:00am-12pm	*10:00am-12pm	*10:00am-12pm	*11:15am-7:30pm	*10:00am-5:30pm
*3:00-4:30pm	**3:00-4:30pm	**3:00-4:30pm	*3:00-4:30pm	*3:00-8:30pm		
*6:30-8:30pm	*6:15-8:30pm	*6:00-8:30pm	*6:30-8:30pm			
POOL PARTIES (Available times)						
					3-4pm or 4-5pm	1-2pm or 2-3pm
<i>*Slide will run for 30 minutes and will break for 15 minutes. Safety Checks required every 30 minutes</i>						



Aquatics Center Policies

1. No person may use the pool unless it is officially open and the lifeguards are on duty.
2. All instructions given by the lifeguards are to be followed.
3. Soap rinse showers are required before entering the pool.
4. Bathing caps are required for all swimmers.
5. Admission to the pool may be denied for any of the following reasons:
 - Intoxication.
 - Open sores, wounds, skin infections, and nasal or ear discharges.
 - Any condition or evidence, which in the opinion of the manager will jeopardize the health and safety of the membership.
6. 2 long whistles by a lifeguard means everyone must clear the pool.
7. No running allowed. Patrons must walk in pool and locker room areas.
8. Diving in shallow water is not permitted.
9. Running, pushing, causing undue disturbance, or any conduct that may endanger the welfare of self or other patrons is prohibited.
10. All children under the age of 13 years of age must pass a deep water swim test in order to use the pool without adult supervision. Adult must remain on premises. All non-swimmers must be supervised by a responsible adult, who is in the water and remains within arm's reach of the child. Persons unable to pass a swim test must stay in water that is not over their shoulders.
11. Inflatable flotation devices will not be permitted.
12. Proper swimming attire must be worn. T-Shirts are discouraged and will be allowed only at the manager's discretion.
13. Infants/children not toilet trained must wear swim diapers under swim suits. No diapers please.
14. Spitting, blowing of nose into the pool or onto deck, improper public displays of affection and profanity is prohibited.
15. Food and drinks are not permitted in the pool.
16. Glass containers or breakable objects of any kind are not permitted in the pool area or locker rooms.
17. All injuries occurring within the pool area or restrooms must be reported to the manager on duty immediately.
18. Children's strollers must remain in family locker room.
19. The YMCA of Martha's Vineyard assumes no liability for the loss or theft of member's personal belongings. Items left in pool area at the end of the day will be placed in the pool's lost and found.
20. The pool manager or lifeguard may close the entire pool complex, or any portions of the pool complex for any safety or maintenance reason.
21. The pool manager or lifeguard on duty has the authority to enforce these rules and may remove any patron who violates these rules from the YMCA of Martha's Vineyard Swimming Pool.

Lap Swim Etiquette

1. A swimmer entering a lane being 'split' by two people (each swimming up/back on their own side) should be sure before s/he begins to swim that s/he alerts both individuals to the need to change to a 'circle' format (everyone swimming counterclockwise on the right side of the lane). Note: A lane can have up to six people when circle swimming.
2. Swimmers resting or otherwise waiting at the wall should stay far to one side of the lane.
3. Swimmers arriving at a pool should do three things before getting in the water: Make note of "Fast, Medium, and Slow" lane designations. Spend a few minutes observing and roughly timing the per-lap pace of swimmers already in the pool. Select a lane containing swimmers moving as closely as possible to the pace that one realistically expects to swim throughout his or her entire workout.
4. An overtaking swimmer should gently but distinctly touch the feet of the swimmer being overtaken.
5. Swimmers being overtaken should never stop in the middle of the pool, nor should they continue beyond the next wall.
6. Swimmers being overtaken should not attempt to speed up (or slow down) once 'tagged'.
7. A lead swimmer who feels a touch on the feet from an overtaking swimmer, should continue to the next wall, then stop in the corner of the lane to let faster swimmer(s) pass.
8. Swimmers enjoying a draft behind a strong lead swimmer, but who are just barely able to hold that pace should think twice before tagging the leader's toes and requesting to move ahead.
9. Overtaking swimmers should not attempt to swim 'wide' past a slower swimmer. Be aware of how 'wide' stroke mechanics may impact adjacent swimmers.
10. Don't 'water-run' or 'aqua-jog' in lap lanes—unless the pool is nearly empty.

Thank you for your patronage, support, and for adhering to our Aquatics Center policies.