FOR SOCIAL RESPONSIBILITY
Creating SAFER pools for our community

POOL RULES
BATHING LOAD: 125
NO DIVING

1. THE POOL AND DECK ARE CLOSED WHEN THERE IS NO LIFEGUARD ON DUTY
2. LIFEGUARDS MUST BE OBEYED AT ALL TIMES WHILE IN AND AROUND THE POOL AREA
3. NO HORSEPLAYING – USE LADDERS FOR ENTRY AND EXIT ONLY
4. NO FLOATATION DEVICES ALLOWED IN THE POOL EXCEPT DURING YMCA INSTRUCTIONAL PROGRAMS. SEE LIFEGUARD FOR EQUIPMENT
5. WALK ON THE POOL DECK AT ALL TIMES
6. CHILDREN UP TO THE AGE OF 8 MUST BE ACCOMPANIED IN THE POOL BY A RESPONSIBLE MEMBER OVER THE AGE OF 16
8. NO PERSON HAVING SKIN LESIONS, SORES, INFLAMED EYES, MOUTH, NOSE OR EAR DISCHARGE OR WHO IS KNOWN TO LOCAL HEALTH OFFICIALS TO BE A CARRIER OF THE MICROORGANISMS OF ANY COMMUNICABLE DISEASES SHALL USE THE SWIMMING POOL
9. NO SWIMMING ALLOWED DURING SEVER WEATHER, HEAVY RAIN OR WHEN THUNDER AND LIGHTENING CAN BE SEEN OR HEARD
10. INFANTS AND TODDLERS WHO ARE NOT TOILET TRAINED MUST WEAR A SWIM DIAPER
11. ONLY PROPER SWIM ATTIRE IS ALLOWED IN THE POOL. NO STREET CLOTHES SHOULD BE WORN
12. NO FOOD, DRINK, GLASS CONTAINERS OR ANIMALS IN OR ON THE POOL DECK
13. SHOWER BEFORE ENTERING THE POOL
14. DO NOT DRINK THE POOL WATER

SMALL TEST POLICY
For your child’s safety, any child under the age of 13 (12 and younger) - MUST take a SWIM TEST!

Please see one of our Aquatics Staff team members for the test.

Our goal is to increase the level of safety during YMCA of Central Florida Aquatic activities! Please be aware of the following guidelines:

Red Band: Child cannot pass the test or has refused to take the test. These children must be accompanied in the water by a parent or guardian. The parent or guardian must be within arm’s length of the child. The only flotation device that is allowed is a US Coast Guard approved lifejacket. If a lifejacket is worn, parent or guardian must still be in the water. If this is a YCF Camping Program the red banded swimmers will either be in a structured swim lesson or they will not be able to swim.

Yellow Band: Child has swimming skills but is not strong enough to complete the entire test. This child will have the ability to roll onto their back to float when tired. This child may only swim where the water level will be at their chest when standing flat footed. The parent or guardian must be on the pool deck.

Green Band: Child has successfully completed the swim test and is able to swim in any area of the pool that is available for Recreational Swim. Any child under the age of 8 must have a parent or guardian on the pool deck.

SWIM TEST:
Child will jump feet first into the pool at a depth of 5 feet or deeper. The child will surface and tread water for 10 seconds. Without grabbing the wall, child will swim a front stroke with the ability to have the face in the water and take comfortable breaths. The distance shall be one half the length of the pool. The child will then roll onto their back and float for 10 seconds then continue to the end of the pool using a resting stroke on the back.

Upon completion of the swim test the child will be given a color coded wrist band that will designate their ability and where they are able to swim. Each time you come to the pool your swimmer needs to wear a wrist band.

POOL HOURS
Monday 8am-12pm 4pm-8pm
Tuesday 8am-12pm 4pm-8pm
Wednesday 8am-12pm 4pm-8pm
Thursday 8am-12pm 4pm-8pm
Friday 8am-12pm 4pm-7pm
Saturday 8am-4:30pm
Sunday 12pm-4pm
FOR HEALTHY LIVING
Improving the nation’s health and well-being.

FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

**Children ages 6 to 36 months**

*Mon & Wed Evenings Aug 8th—Aug 31st and Sept 12th – Oct 5th*  
4:30pm – 5:00pm  
**M$45/PP$90**  

*Saturday Mornings Aug 9th—Aug 29th and Sept 12th – Oct 2nd*  
10:00am – 10:30am  
**M$25/PP$50**  

**Parent/Child:** This class offers parents the opportunity to share in the joy of their children learning confidence around water. Parents and children learn water safety skills while having fun and making memories for life. Skills taught will build on each other and are introduced when the parent and child are ready.

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**Preschool Classes ages 3—5**

*Mon & Wed Evenings Aug 8th—Aug 31st and Sept 12th – Oct 5th*  
5:00pm – 5:30pm  
**M$45/PP$90**  

*Saturday Mornings Aug 9th—Aug 27th and Sept 11th – Oct 2nd*  
10:30am – 11:00am  
**M$25/PP$50**  

**Beginner Level:** This class helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddling and kicking skills, pool safety, and comfort with holding the face in the water while blowing bubbles and swimming

*Mon & Wed Evenings Aug 8th—Aug 31st and Sept 12th – Oct 5th*  
5:00pm – 6:00pm  
**M$45/PP$90**  

*Saturday Mornings Aug 9th—Aug 27th and Sept 11th – Oct 2nd*  
10:30am – 11:00am  
**M$25/PP$50**  

**Intermediate Level:** This class reinforces the beginner level skills. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform the progressive paddle strokes. Children can swim across the pool without assistance by the end of the level

*Mon & Wed Evenings Aug 8th—Aug 31st and Sept 12th – Oct 5th*  
5:30pm – 6:00pm  
**M$45/PP$90**  

*Saturday Mornings Aug 9th—Aug 27th and Sept 11th – Oct 2nd*  
11:00am – 11:30am  
**M$25/PP$50**  

**Advanced Level:** This is an advanced level for children who are comfortable in the water and can swim 25 meters on their front and back without assistance. Emphasis is placed on stroke development (freestyle, backstroke, breaststroke, and elementary backstroke), personal safety, and rescue skills

*Mon & Wed Evenings Aug 8th—Aug 31st and Sept 12th – Oct 5th*  
6:00pm – 6:45pm  
**M$45/PP$90**  

*Saturday Mornings Aug 9th—Aug 27th and Sept 11th – Oct 2nd*  
10:30am – 12:15pm  
**M$25/PP$50**  

**Youth Classes ages 6—12**

*Mon & Wed Evenings Aug 8th—Aug 31st and Sept 12th – Oct 5th*  
6:00pm – 7:00pm  
**M$45/PP$90**  

*Saturday Mornings Aug 9th—Aug 27th and Sept 11th – Oct 2nd*  
10:30am – 12:15pm  
**M$25/PP$50**  

**Beginner Level:** This class is designed to get children acquainted with the pool, the use of flotation devices, and floating. By the end of this level, the child should know basic techniques for the front, back, and sidestroke. Children can swim 40 feet across the pool without assistance at the end of this level

*Tues & Thur Evenings Aug 9th—Sept 1st and Sept 13th – Oct 6th*  
4:45pm – 5:30pm  
**M$45/PP$90**  

*Saturdays Aug 9th—Aug 27th and Sept 11th – Oct 2nd*  
12:15pm – 1:00pm  
**M$25/PP$50**  

**Intermediate Level:** This class is for children that can swim 40 feet across the pool on their front, back, and sidestroke without assistance. The children continue to practice and build upon basic skills. Children are introduced to diving skills in this class. Children can swim across the pool without assistance by the end of the level

*Tues & Thur Evenings Aug 9th—Sept 1st and Sept 13th – Oct 6th*  
4:45pm – 5:30pm  
**M$45/PP$90**  

*Saturdays Aug 9th—Aug 27th and Sept 11th – Oct 2nd*  
1:00pm – 1:45pm  
**M$25/PP$50**  

**Advanced Level:** This level is for children who can swim 25 yards of the pool on their front, back, and sidestroke. Students will further refine freestyle and backstroke rotary breathing and flutter kicking. They will also work on elementary, breast and sidestroke. They will increase their endurance, diving skills, and personal safety.

*Mon & Wed Evenings Aug 8th—Sept 1st and Sept 13th – Oct 6th*  
5:30pm – 6:15pm  
**M$45/PP$90**  

This program will help the beginner learn the basics of swimming and personal safety. In addition it is also for swimmers that want to improve their strokes and endurance.

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**Teen & Adult Classes ages 13 & up**

*Tues & Thur Evenings Aug 9th—Sept 1st and Sept 13th – Oct 6th*  
5:30pm – 6:15pm  
**M$45/PP$90**  

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**FOR HEALTHY LIVING**

**Swim Lesson Make-up Policy:**

- The YMCA of Central Florida will only reschedule cancelled swim classes due to inclement weather or pool mechanical problems.
- In the case of illness, an excuse from the Family Doctor will be required. Medical make ups will depend on space available.
- No other make-ups will be conducted.

**Refund Policy:**

- Refunds for any swim class will be issued as long as the request is Prior to the start date of the class
- Refunds will require 4 to 6 weeks to be processed
- Refunds Will not be given for make-up classes being missed

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**Schedule is subject to change.** During our PEAK swim times, sharing lanes and circle swimming may be necessary! Please refer to the pool schedule and diagram for lane usage during the day. During aquatic staff trainings, additional lanes may be unavailable for member use. The pool may be closed for inclement weather including temperatures 40 degrees or below. Management will determine the time to re-open the facility and communicate to our members.

**Swim Meet Sept 27th**

**Lap Meet Sept 8th**

**Swim Meet Oct 22nd**

**Swim Meet Nov 11th**

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