



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEEN POOL SCHEDULE

PAULA G. MANSHIP YMCA

	Saturday	Sunday
May 5, 2016 – May 23, 2016	Pool Opens at 10:00am	
11:00am – 12:00pm	Open Swim	Pool Opens at 12:00pm
12:00pm – 5:30pm	Open Swim	Open Swim
	Pool Closes at 5:30pm	Pool Closes at 5:30pm

Age Guidelines:

- **All children under the age of 15 must take a swim test in order to swim at the pool.**
- Any nonswimmer will be accompanied by parent or guardian in the pool.
- Any child who cannot stand in water 3' 6" will be accompanied by parent or guardian in the pool.
- If the child is 5 years old and younger, the parent must accompany the child in the pool.
- Any child under 10 must be accompanied by parent or guardian in the pool area.
- Any child 10 to 14 years must have a parent or guardian in the facility. Parent or guardian must sign in child with the lifeguard.
- Anyone 15 years or older may be in the pool area alone.

Swim Testing Policy:

- **The following is the standard swim test for the YMCA of the Capital Area:**
 - 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 their 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.
- If the child cannot pass the test or has refused to take the test, the child must be accompanied in the water by a parent or guardian and must wear a US Coast Guard approved lifejacket. The parent or guardian must be within arm's length of the child.

Lifejacket policy – if a child is required by the lifeguard to wear a PFD (personal flotation device) the parent must accompany them in the pool, REGARDLESS of their age.

Summer Break Hours starting May 23rd – August 10th:

Monday – Friday 10:00 am – 7:30pm

Saturday 11:00am – 5:30pm & Sunday 12:00pm – 5:30pm

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