



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

LARGE POOL SCHEDULE

BELLINGHAM ACTIVITY CENTER

Effective: January 2, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 9:00 Lap Swim	5:30 - 9:00 Lap Swim	5:30 - 9:00 Lap Swim	5:30 - 9:00 Lap Swim	5:30 - 9:00 Lap Swim	6:30 - 8:00 Lap Swim	
9:00 - 10:00 Water Fitness	9:00 - 12:00 Swim Lessons (1) Lap Swim (3)	9:00 - 10:00 Water Fitness	9:00 - 12:00 Swim Lessons (1) Lap Swim (3)	9:00 - 10:00 Water Fitness	8:00 - 9:00 WYD Swim Team	9:00 - 11:30 WYD Swim Team Swim Lessons
10:00 - 12:00 Swim Lessons (1) Lap Swim (3)		10:00 - 12:00 Swim Lessons (1) Lap Swim (3)		10:00 - 12:00 Swim Lessons (1) Lap Swim (3)	11:30 - 12:00 Swim Lesson (2) Lap Swim (2)	
12:00 - 12:55 Lap Swim	12:00 - 1:00 Water Fitness	12:00 - 12:55 Lap Swim	12:00 - 1:00 Water Fitness	12:00 - 12:55 Lap Swim	12:00 - 1:00 Lap Swim	12:00 - 2:00 Lap Swim
1:00 - 2:00 Water Fitness	1:00 - 4:00 Lap Swim (2) Swim Lessons (2)	1:00 - 2:00 Water Fitness	1:00 - 2:00 Options High School	1:00 - 2:00 Water Fitness	1:00 - 3:00 Open Swim (3) Lap Swim (1)	2:00 - 5:00 Family Swim
2:00 - 4:00 Lap Swim (3) Swim Lessons (1)		2:00 - 4:00 Lap Swim (2) Swim Lessons (2)	2:00 - 4:00 Lap Swim (2) Swim Lessons (2)	2:00 - 6:00 Lap Swim (3) Swim Lessons (1)	3:00 - 5:00 Open Swim	
4:00 - 5:30 Swim Lessons (3) Lap Swim (1)	4:00 - 5:00 Swim Lessons (3) Lap Swim (1)	4:00 - 5:30 Swim Lessons (3) Lap Swim (1)	4:00 - 5:00 Swim Lessons (3) Lap Swim (1)			
	5:00 - 5:30 Swim Lessons		5:00 - 5:30 Swim Lessons			
5:30 - 6:00 Swim Lessons	5:30 - 7:00 WYD Swim Team	5:30 - 6:00 Swim Lessons	5:30 - 7:00 WYD Swim Team		5:00 - 6:00 Birthday Party Rentals	
6:00 - 7:30 WYD Swim Team		6:00 - 7:00 Water Fitness			6:00 - 7:30 WYD Swim Team	
7:30 - 8:30 Triathlon Swim Training	7:00 - 9:30 Lap Swim (2) Scuba (2)	7:00 - 7:30 Lap Swim	7:00 - 9:30 Lap Swim (2) Scuba (2)			
		7:30 - 8:30 Drop-in Under Water Hockey			7:30 - 8:30 Open Swim	
8:30 - 9:30 Lap Swim (2) Open Swim (2)		8:30 - 9:30 Lap Swim (2) Scuba (2)		8:30 - 9:30 Open Swim (2) Lap Swim (2)		

No Lap swimming during Water Fitness.

(#) Denotes the number of lanes assigned to those activities.

Pool schedule is subject to change - watch for posted notices on Pool Bulletin Board or at Front Desk.

Large Pool Rules

BELLINGHAM ACTIVITY CENTER

Pool rules are for the safety and enjoyment of YMCA Members and guests. Please remember that the Whatcom Family YMCA swimming pools are family areas. The lifeguards are on duty to prevent accidents by enforcing the rules set forth by the Whatcom Family YMCA. Please respect their authority in determining the safety of activities in the pool area. The following are rules which have been established at our pools:

1. Children under age 10 must have an adult in the water supervising them. Children ages 11-12 must have a parent on the pool deck. All youth are subject to a swim test and must follow applicable restrictions based on their swimming ability.
2. Any conduct that jeopardizes the safety and comfort of others is not permitted. This includes, but is not necessarily limited to, the following behavior:
 - a. Running on the pool deck.
 - b. Pushing, dunking, horseplay or excessive splashing.
 - c. Throwing of any objects.
 - d. Crossing through the lane or hanging on the lane lines.
 - e. Jumping backwards or doing flips from the side of the pool.
 - f. Diving headfirst into the shallow end of the pool.
3. All persons must shower completely before entering the pool (Washington State Health Code).
4. Persons with open wounds or infections are not allowed in the pool (Washington State Health Code).
5. Only standard swimsuits are allowed. Shorts, cut-offs, leotards or shirts are not permitted. Long hair must be pulled back.
6. Children who are not toilet trained or under the age of three and incontinent individuals must wear plastic pants or swim diapers. No disposable diapers!
7. Inflatable water wings are not permitted in the pool. The Y provides Coast Guard approved lifejackets for non-swimmers. Children using flotation devices must be accompanied in the water and supervised by an adult at all times.
8. These items are NOT allowed in the pool or on the deck:
 - a. Street clothes (especially shoes).
 - b. Chewing gum, food, candy or beverages.
 - c. Glass or metal objects.
 - d. Electrical equipment.
9. **NO SHOES ARE ALLOWED ON THE POOL DECK EXCEPT FOR AQUA SHOES OR FLIP-FLOPS.**
10. Please avoid prolonged breath holding activities as this may result in "Shallow Water Blackout".

DESCRIPTIONS OF SWIM TIMES

Adult Exercise: Lanes available for adults to exercise individually.

Lap Swim: Lap lanes are in place for lap swimming. You may be required to share a lane with another member or guest. Please ask for assistance if you do not feel comfortable with circle swimming.

Lessons: Instructors teaching YMCA swim lessons have use of the pools during this time. We have swim lessons for all age groups. Parent may view lessons in small pool from the lobby window and in the large pool from the benches/chairs on the upper pool deck.

Open Swim: A section of the pool is open to all members and guests 13 and older. Those under 13 must be accompanied by an adult (please note rules 7 & 8 above).

Family Swim: The pool is open to members and guests as families. An adult family member must accompany any swimmer under 18 years.

Triathlon Swim Training: Drop in training for 18 & older. Meet others interested in triathlons. A volunteer coach is available.

Underwater Hockey: Drop in sport for participants 18 & older. Equipment provided. Prolonged breath holding not required and is discouraged

Water Fitness: This class is a total body workout in the water. This is a great activity for those who have joint problems or flexibility issues or just want a fun alternative from the weight room! Classes are for all ages and fitness abilities.

Whatcom County YMCA Dolphins: Bellingham YMCA Youth Swim Team is for swimmers, 6-18 years of age, to further develop their swimming skills, learn competitive swimming skills and have FUN. Contact the Aquatic Director for info.

Whatcom Family YMCA

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