

June 21, 2010



We build strong kids, strong families, strong communities.

## LARGE POOL SCHEDULE

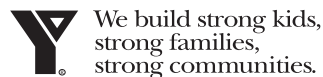
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 - 9:00 Lap Swim	5:30 - 8:00 Lap Swim	5:30 - 9:00 Lap Swim	5:30 - 8:00 Lap Swim	5:30 - 8:00 Lap Swim	6:30 - 8:30 Lap Swim		
9:00 - 10:00 Water Fitness (3) Lap Swim (1)	8:00 - 10:00 Lap Swim (3) Scuba (1)	9:00 - 10:00 Water Fitness (3) Lap Swim (1)	8:00 - 10:00 Lap Swim	8:00 - 9:00 Lap Swim (3) Scuba (1)			8:30 - 9:30 Swim Team (2) Swim Lessons (2)
10:00 - 12:00 Swim Lessons (3) Lap Swim (1)	10:00 - 11:30 Swim Lessons (3) Discover Camp (1)	10:00 - 12:00 Swim Lessons (3) Lap Swim (1)	10:00 - 11:30 Swim Lessons (3) Discover Camp (1)	10:00 - 12:00 Swim Lessons (3) Lap Swim (1)	9:30 - 12:00 Swim Lessons		
12:00 - 1:00 Lap Swim	12:00 - 1:30 Water Fitness (3) Lap Swim (1)	12:00 - 1:00 Lap Swim	12:00 - 1:00 Water Fitness (3) Lap Swim (1)	12:00 - 1:00 Lap Swim	12:00 - 1:00 Lap Swim		12:00 - 2:00 Lap Swim
1:00 - 2:00 Water Fitness (3) Lap Swim (1)	1:30 - 3:30 Adventure Camp	1:00 - 2:00 Water Fitness (3) Lap Swim (1)	1:00 - 3:00 Y's Kids Summer Camp	1:00 - 2:00 Water Fitness (3) Lap Swim (1)	1:00 - 3:00 Open Swim (3) Lap Swim (1)		2:00 - 3:00 Water Fitness (3) Lap Swim (1)
2:00 - 4:00 Open Swim (2) Lap Swim (2) 3:00-4:00 Swim Lessons (1)	3:30 - 5:30 Swim Lessons	2:00 - 4:00 Open Swim (2) Lap Swim (2) 3:00-4:00 Swim Lessons (1)	3:00 - 4:30 Swim Lessons (2) Lap Swim (2)	2:00 - 3:30 Adventure Camp	3:00 - 5:00 Wave Pool		3:00 5:00 Family Swim
4:00 - 5:30 Swim Lessons (3) Lap Swim (1)		4:00 - 5:30 Swim Lessons (3) Lap Swim (1)	4:30 - 5:30 Swim Lessons	3:30 - 5:30 Swim Lessons	5:00 - 6:00 Birthday Party Rentals		
5:30 - 6:30 Water Fitness (3) Swim Lessons (1)	5:30 - 7:00 Swim Team (3) Swim Lessons (1)	5:30 - 6:30 Water Fitness (3) Swim Lessons (1)	5:30 - 7:00 Swim Team (3) Swim Lessons (1)	5:30 - 6:30 Water Fitness (3) Lap Swim (1)			
6:30 - 8:00 Swim Team (3) Swim Lessons (1)	7:00 - 7:30 Lap Swim (3) Swim Lessons (1)	6:30 - 7:00 Lap Swim	7:00 - 7:30 Lap Swim (3) Swim Lessons (1)	6:30 - 8:00 Swim Team (4)			
8:00 - 9:00 Water Fitness	7:30 - 9:30 Lap Swim (2) Scuba (2)	7:00 - 8:00 Underwater Hockey	7:30 - 9:30 Lap Swim (2) Scuba (2)	8:00 - 9:00 Wave Pool (4)			
9:00 9:30 Lap Swim		9:00 9:30 Lap Swim		9:00 - 9:30 Lap Swim (2) Open Swim (2)			

### Pool Shutdown: August 1 - 16, 2010

(#) 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.

For more information contact  
Aquatics Director, 733-8630



[www.whatcomymca.org](http://www.whatcomymca.org)



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## LARGE POOL RULES

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. Soap Showers are required before entering the pool.
2. Running, aggressive or rough horseplay are not allowed.
3. Food, gum and glass containers are not permitted in the pool areas.
4. Headfirst entry (diving) are not allowed in the shallow end of the large pool.
5. Inflatable water wings are not allowed in the pool. We provide Coast Guard approved life jackets for non-swimmers.
6. Any child, who is a non-swimmer, must have an adult **IN** the water supervising them.
7. Children under the age of 10 must have an adult **IN** the water supervising them.
8. Children 11-12 must have a parent **ON** the pool deck.
9. Any child who is not toilet trained must wear a swim diaper with elastic bands at the waist and legs at all times when in the pool.
10. Proper swim attire (bathing suits) must be worn in the pool. T-shirts, shorts and street clothes are not allowed.

**Please contact the Aquatic Director with any concerns or questions. Have a SAFE and FUN swim!**

## DESCRIPTIONS OF SWIM TIMES

### 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 gray pool deck.

### 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 details.

### 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.

### Wave Pool:

Come enjoy our wave machine, which continuously sends 6-24 inch waves across the pool for 15 minutes then rests for 10 minutes. Any swimmer 15 and under must pass a swim test before entering.

### 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 old.

### Birthday Party Rentals:

The pool is available to rent during this time. You may rent the small pool, large pool or wave pool. Call the Aquatic Director for details and reservations.

**For more information contact  
Aquatics Director at 733-8630.**



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