

Effective: July 26 - August 1, 2010



We build strong kids, strong families, strong communities.

**LYNDEN POOL SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:00 Lap Swim						
8:00 - 9:00 Water Fitness	8:00 - 9:00 Lap Swim	8:00 - 9:00 Water Fitness	8:00 - 9:00 Lap Swim	8:00 - 9:00 Water Fitness	8:00 - 10:00 Adult Exercise/ Lap Swim	
9:00 - 10:00 Swim Lessons/ Adult Exercise	9:00 - 10:00 Water Fitness	9:00 - 10:00 Swim Lessons/ Adult Exercise	9:00 - 10:00 Water Fitness	9:00 - 10:00 WCYD Swim Team		
10:00 - 11:00 Water Fitness	10:00 - 11:30 WCYD Swim Team	10:00 - 11:00 Water Fitness	10:00 - 11:30 WCYD Swim Team	10:00 - 11:00 Water Fitness	10:00 - 12:30 Swim Lessons	
11:00 - 1:00 Adult Exercise/ Lap Swim	11:30 - 1:00 Adult Exercise/ Lap Swim	11:00 - 1:00 Adult Exercise/ Lap Swim	11:30 - 1:00 Adult Exercise/ Lap Swim	11:00 - 1:00 Adult Exercise/ Lap Swim		
1:00 - 3:00 Public Swim	1:00 - 3:00 Pool Rental	1:00 - 3:00 Public Swim	1:00 - 3:00 Public Swim	1:00 - 3:00 Public Swim	12:30 - 2:00 Pool Rental	1:00 - 2:30 Lap Swim
3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	2:00 - 3:00 Family Swim	2:30 - 4:00 Public Swim
5:00 - 6:30 Pool Rental				5:00 - 6:30 Lap Swim	3:00 - 5:00 Public Swim	4:00 - 5:00 After Hours Pool Rental
6:30 - 7:30 Lap Swim	6:30 - 7:30 Swim Lessons (2) Lap Swim (3)	6:30 - 7:30 Lap Swim	6:30 - 7:30 Swim Lessons (2) Lap Swim (3)	6:30 - 7:30 Family Swim	5:00 - 6:00 Pool Rental	
7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim		

**Lynden YMCA Pool Shutdown: August 9 - 22**

All Schedules are subject to change without prior notice. Watch for posted notices.  
Numbers in parentheses represent the number of lanes available for particular activity.

For more information contact the  
Lynden Aquatics Coordinator, 354-5000



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

Effective: August 2 - 8, 2010



We build strong kids, strong families, strong communities.

**LYNDEN POOL SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-8:00 Lap Swim						
8:00 - 9:00 Water Fitness	8:00 - 9:00 Lap Swim	8:00 - 9:00 Water Fitness	8:00 - 9:00 Lap Swim	8:00 - 9:00 Water Fitness	8:00 - 10:00 Adult Exercise/ Lap Swim	
9:00 - 10:00 Swim Lessons/ Adult Exercise	9:00 - 10:00 Water Fitness	9:00 - 10:00 Swim Lessons/ Adult Exercise	9:00 - 10:00 Water Fitness	9:00 - 10:00 WCYD Swim Team		
10:00 - 11:00 Water Fitness	10:00 - 11:30 WCYD Swim Team	10:00 - 11:00 Water Fitness	10:00 - 11:30 WCYD Swim Team	10:00 - 11:00 Water Fitness	10:00 - 1:00 Swim Lessons	
11:00 - 1:00 Adult Exercise/ Lap Swim	11:30 - 1:00 Adult Exercise/ Lap Swim	11:00 - 1:00 Adult Exercise/ Lap Swim	11:30 - 1:00 Adult Exercise/ Lap Swim	11:00 - 1:00 Adult Exercise/ Lap Swim		
1:00 - 3:00 Public Swim	1:00 - 3:00 Pool Rental	1:00 - 3:00 Public Swim	1:00 - 3:00 Pool Rental	1:00 - 3:00 Public Swim	1:00 - 2:00 Pool Rental	1:00 - 2:30 Lap Swim
					2:00 - 3:00 Family Swim	2:30 - 4:00 Public Swim
3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	3:00 - 5:00 Swim Lessons	3:00 - 5:00 Public Swim	4:00 - 5:00 After Hours Pool Rental
5:00 - 6:30 Lap Swim						
6:30 - 7:30 Family Swim	6:30 - 7:30 Swim Lessons (2) Lap Swim (3)	6:30 - 7:30 Family Swim	6:30 - 7:30 Swim Lessons (2) Lap Swim (3)	6:30 - 7:30 Family Swim		
7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim	7:30 - 9:15 Public Swim	5:00 - 6:00 Pool Rental	

**Lynden YMCA Pool Shutdown: August 9 - 22**

All Schedules are subject to change without prior notice. Watch for posted notices.  
Numbers in parentheses represent the number of lanes available for particular activity.

For more information contact the  
Lynden Aquatics Coordinator, 354-5000





We build strong kids, strong families, strong communities.

## LYNDEN YMCA POOL RULES

### Pool Rules:

1. Persons may use the pool under these age restrictions:
  - a. Children under 7 must be accompanied in the water by an adult and supervised within arms reach at all times.
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 or diving board.
  - f. Diving headfirst into 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. Spectators are not allowed on the pool deck, except when approved by the Aquatics Director. Spectators must stay in the observation area.
7. Non-swimmers must stay in the shallow areas:
  - a. Children who cannot swim and cannot stand in the shallow areas must be accompanied in the water and supervised by an adult at all times within arms reach.
  - b. Children using flotation devices must be accompanied in the water and supervised by an adult at all times. Flotation devices must be approved by the lifeguard.
8. 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!
9. Pool equipment must be used properly:
  - a. Kickboards may be used only by lap swimmers or personal participating in swimming classes.
  - b. All other equipment or toys may be used only in swimming classes.
10. 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.

No shoes are allowed on the pool deck except aqua shoes or flip flops.

### Pool Equipment Information *(Any misuse of equipment will result in confiscation.)*:

Noodles **can only be used by adults or instructors and their classes or with lifeguard approval.**  
Kickboards **are only to be used by lap swimmers and class participants (during class time) only.**  
Skipper Equipment and Other Toys (**ducks, fish, diving sticks, etc.**) **may only be used during swim lessons.**  
Water Weights **are for adult use only during lap swim and exercise. Not for use during Public Swim.**  
Lifejackets **are only to be used in swim lessons or (with) immediate lifeguard permission.**

You may bring your own water toys if you clean them prior to entering the pool, the lifeguard approves the toy and you follow all YMCA Pool Rules

**For more information contact  
Aquatics Coordinator at 354-5000.**



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