### Bellingham Large Pool Schedule

**Effective: September 5, 2017**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>6:00 - 8:55* Lap Swim</td>
<td>6:00 - 8:30 Lap Swim</td>
<td>6:00 - 8:55* Lap Swim</td>
<td>6:00 - 8:55* Lap Swim</td>
<td>6:00 - 8:55* Lap Swim</td>
<td>7:00 - 9:00 Lap Swim</td>
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<td>9:00 - 12:00 Lap Swim</td>
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<td>9:00 - 10:00 Water Fitness</td>
<td>9:00 - 11:55* Lap Swim (3) Swim Lessons (1)</td>
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<td>12:00 - 1:00 Water Fitness</td>
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<td>1:10 - 3:00* Lap Swim (3) Swim Lessons (1)</td>
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<td>3:00 - 5:00 Ferndale High School Swim Team</td>
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<td>5:30 - 7:00 WYD Swim Team</td>
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<td>7:05 - 9:00* Lap Swim (2) Scuba Rental (2)</td>
<td>7:05 - 9:00* Lap Swim (2) Scuba Rental (2)</td>
<td>7:05 - 9:00* Lap Swim (2) Underwater Hockey</td>
<td>7:05 - 9:00* Lap Swim (2) Scuba Rental (2)</td>
<td>7:05 - 9:00* Lap Swim (2) Open Swim (2) Scuba Rental (1) Lap Swim (1)</td>
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*November 22nd, all facilities will close at 8pm. All YMCA facilities will be closed November 23rd (Thanksgiving).*
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.

There is no lifeguard on duty in the small pool. **Children MUST be accompanied and supervised by an adult, 18 years of age or older, at all times.** Parent/guardians are responsible for having children follow the YMCA rules. Any non-swimmer **MUST** have an adult with them in the water at all times. Please review posted pool rules before swimming in the small pool. These rules are for your safety and enjoyment of our small pool.

No other swimmers are allowed in the small pool during swim lessons.

**RULES OF CONDUCT**

1. 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. Headfirst diving only permitted under direct supervision of a YMCA Swim Coach or Instructor and only in the deep end.

2. All persons must shower completely before entering the pool (Washington State Health Code).

3. Persons with open wounds or infections are not allowed in the pool (Washington State Health Code).

4. Only standard swimsuits are allowed. Shorts, cut-offs, leotards or shirts are not permitted. Long hair must be pulled back.

5. 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!

6. 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.

7. **These items are NOT allowed in the pool or on the deck:**
   a. Street shoes
   b. Chewing gum, food, candy or beverages
   c. Glass or metal objects
   d. Electrical equipment
   e. Smoking of any kind
   f. Alcohol or Drugs

8. **NO SHOES ARE ALLOWED ON THE POOL DECK EXCEPT FOR AQUA SHOES OR SHOES THAT HAVE NOT BEEN WORN OUTDOORS.**

9. Please avoid prolonged breath holding activities as this may result in “Shallow Water Blackout”.

10. Pool equipment (kickboards, flippers, noodles, etc) are only allowed to be used during swim lessons.

**YOUTH GUIDELINES (ages 0-17)**

1. All youth are subject to a swim test and must follow applicable restrictions based on their swimming ability. If a child is not able to pass the swim test, there must be a parent/guardian (over 18 years of age) in the water within arm’s reach with that child at all times.

2. All youth ages 11 and over must pass the swim test to swim without a parent in the water. Parents are not required to remain in the facility.

3. Ages 6-10 must pass the swim test to swim without a parent in the water. Parents of youth ages 6-10 must remain on the pool deck when their child is swimming.

4. Swim Test: Jump into the deep water end of the pool, roll over and float on back for 10 seconds, tread water for 10 seconds and then swim the length of the pool.

**DESCRIPTION OF SWIM TIMES**

**Adult Exercise:** Lanes available for adults to exercise individually.

**Lap Swim:** Lap lanes are in place for lap swimming. **H.S. Lap Swim** is for teens to improve strokes/endurance off season.

**Lessons:** Instructors teaching YMCA swim lessons have use of the pools during this time.

**Open Swim:** A section of the pool is open to all members and guests 11 and older.

**Family Swim:** The pool is open to members & guests as families. An adult family member must accompany those under 18 years.

**Water Fitness:** This class is a total body workout. Classes are for all ages and fitness abilities.

**WHATCOM FAMILY YMCA**

Bellingham Program Center 1256 N. State St, Bellingham, 360-733-8630

www.whatcomymca.org