



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

SUDDEN VALLEY PROGRAM CENTER

Effective: August 28 - September 4, 2017

August 28	August 29	August 30	August 31	September 1	September 2	September 3	September 4
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY
6:30 - 8:30 Lap Swim	6:30 - 8:30 Lap Swim	6:30 - 8:30 Lap Swim	6:30 - 8:30 Lap Swim	6:30 - 8:30 Lap Swim			
8:30 - 10:00 Swim Team	8:30 - 10:00 Swim Team	8:30 - 10:00 Swim Team	8:30 - 10:00 Swim Team	8:30 - 10:00 Swim Team	8:00 - 10:00 Lap Swim		
10:00 - 12:00 Lap Swim	10:00 - 11:00 Lap Swim	10:00 - 12:00 Lap Swim	10:00 - 11:00 Lap Swim	10:00 - 12:00 Lap Swim	10:00 - 12:00 Family Swim		
*Family Swim available in shallow end only	11:00 - 12:00 Water Fitness / Lap Swim	*Family Swim available in shallow end only	11:00 - 12:00 Water Fitness / Lap Swim	*Family Swim available in shallow end only			
12:00 - 3:00 Open Swim	12:00 - 3:00 Open Swim	12:00 - 3:00 Open Swim	12:00 - 3:00 Open Swim	12:00 - 3:00 Open Swim	12:00 - 1:00 Family Swim / Lap Swim	12:00 - 1:00 Family Swim / Lap Swim	12:00 - 5:00 Open Swim
3:00 - 5:00** Ferndale H.S. Swim Team / Family Swim	3:00 - 5:00** Ferndale H.S. Swim Team / Family Swim	3:00 - 5:00** Ferndale H.S. Swim Team / Family Swim	3:00 - 5:00** Ferndale H.S. Swim Team / Family Swim	3:00 - 5:00** Ferndale H.S. Swim Team / Family Swim	1:00 - 5:00 Open Swim	1:00 - 6:30 Family Swim	
5:00 - 6:00 Lap Swim / Water Fitness	5:00 - 6:30 Family Swim / Lap Swim	5:00 - 6:00 Lap Swim / Water Fitness	5:00 - 6:30 Family Swim / Lap Swim	5:00 - 6:00 Lap Swim / Water Fitness	5:00 - 6:30 Family Swim / Lap Swim		
6:00 - 6:30 Family Swim / Lap Swim		6:00 - 6:30 Family Swim / Lap Swim		6:00 - 6:30 Family Swim / Lap Swim			

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

* Sudden Valley Pool will be open through September 4

** Ferndale High School Swim Team will share the pool with members. Space for Family Swim dependent on number of Family Swimmers.

Whatcom Family YMCA Sudden Valley Program Center

8 Barn View Ct, Bellingham, WA 98229
 360 746 8444 www.whatcomymca.org

Pool Rules – SUDDEN VALLEY PROGRAM 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. Youth Guidelines (ages 0-17):
 - a. 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.
 - b. 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.
 - c. 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.
 - d. 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.
2. All children under the age of 6, must have an adult in the water supervising them at all times.
3. 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.
4. All persons must shower completely before entering the pool (Washington State Health Code).
5. Persons with open wounds or infections are not allowed in the pool (Washington State Health Code).
6. Only standard swimsuits are allowed. Shorts, cut-offs, leotards or shirts are not permitted. Long hair must be pulled back.
7. 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!
8. 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.
9. These items are NOT allowed in the pool or on the deck:
 - a. Chewing gum
 - b. Glass containers
 - c. Smoking of any kind
 - d. Alcohol or Drugs
10. Please avoid prolonged breath holding activities as this may result in "Shallow Water Blackout".

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.
- Open Swim:** A section of the pool is open to all members and guests 11 and older. Those under 10 must be accompanied by an adult (please note rules 1 above).
- Family Swim:** The pool is open to members and guests as families. An adult family member must accompany any swimmer under 18 years.