



# SUMMER FUN

## Parkwood YMCA

June 11 – September 4, 2016 Activity Schedule

	M	TU	W	TH	F	SA	SU
<b>YMCA HOURS</b>	5:30am - 10pm	5:30am - 10pm	5:30am - 10pm	5:30am-10pm	5:30am -9pm	7am -9pm	7am -9pm
<b>TOT WATCH</b>	8:45am-11:45am 5:30pm - 8pm	8:45am-11:45am 5:30pm - 8pm	8:45am-11:45am 5:30pm - 8pm	8:45am-11:45am 5:30pm - 8pm	8:45am-11:45am Closed PM	9am -11:30am	Closed
<b>KID'S GYM</b>	5:30pm - 8pm	5:30pm - 8pm	5:30pm - 8pm	5:30pm - 8pm	Closed	9am - 11:30am	Closed
<b>LAP SWIM</b> <small>(number of lanes may vary)</small>	5:30am-8:25am 11:45am-1pm 3:30pm-6:25pm 8pm-9pm	5:30am-10:15am 11:45am-1pm 3:30pm-6:25pm 8pm-9pm	5:30am-8:25am 11:45am-1pm 3:30pm-6:25pm 8pm-9pm	5:30am-10:15am 11:45am-1pm 3:30pm-6:25pm 8pm-9pm	5:30am-8:25am 9:30am-1pm 3:30pm-8pm	7am-8:55am 11:05am-8pm	7am-8pm
<b>FAMILY SWIM</b> <small>(lanes(s) available for play)</small>	1pm-2:30pm 3:30pm-5pm	1pm-2:30pm 3:30pm-5pm 8pm-9pm	1pm-2:30pm 3:30pm-5pm	1pm-2:30pm 3:30pm-5pm 8pm-9pm	1pm-2:30pm 3:30pm-5pm 6:30pm-8pm	1pm-5pm 6:30pm-8pm	11am-8pm

Calendar subject to change. Updated 5/8/2016.

### Holiday Hours

Independence Day weekend, July 2<sup>nd</sup> - 4<sup>th</sup>: 7am-12pm

Labor Day weekend, September 3<sup>rd</sup> - 5<sup>th</sup>: 7am-12pm

### CELEBRATE YOUR BIRTHDAY WITH THE PARKWOOD YMCA

It will be a party to remember for all ages! Spend the first half hour in the Kids Gym playing fun filled games led by an experienced staff leader. During the second half hour, eat cake and open presents. Finally, during the last half hour, swim in the YMCA pool. Sports themed parties are available by request. The YMCA will supply a qualified staff leader, invitations, balloons, decorations, tableware, cake, beverage and a t-shirt for the honored guest.

Fee: \$150/10 kids YMCA Member: \$120/10 kids



### KIDS' NIGHT OUT

Enjoy a fun-filled night at the YMCA! Children enjoy swimming, Kids' Gym, Xergames, pizza and much more. Each month will feature a different theme.

Friday, June 24: Sports/Gymnastics

Friday, July 29: Outdoor Fun

Friday, August 26: Lego Mania

6:00-9:00pm

Fee: \$15 YMCA Member: \$10



## POOL RULES & GUIDELINES

- Showers are **required** for all swimmers.
- Please **walk** on the pool deck.
- Please dive in the deep end only.
- Please enter the water safely (no flips or backward jumps).
- Use flotation devices and toys in the shallow end only.
- Food, drinks, and glass are not allowed in the pool area.
- Please remove street shoes before entering the pool area.
- "Breath holding" training is not allowed.
- All swimmers may be required to take a swim test to enter the deep end

### TEST everyone age 5-12 (family swim/parties/rentals/camp)

- Swim test consists of a 25-yard swim (half on the front and half on the back) AND tread water for 30 seconds without touching wall or bottom.
- Those who choose not to take the test and those who do not pass will receive a RED wristband and must stay in the shallow end. A child who can't touch the bottom in the deepest part of the shallow end must wear a U./S. Coast Guard approved flotation device.
- Those who pass the swim test will receive a GREEN wristband and may swim in either the shallow or deep end.

### MARK everyone age 5-12 (family swim/parties/rentals/camp)

- Green wristband = passed deep end test.
- Red wristband = non swimmer or did not pass test.

### PROTECT

- Children ages 0-4 years old must have a parent/guardian/responsible adult (18 years or older) in the water with them at all times within arm's reach regardless of wristband color.
- Children ages 5-12 must take a swim test and receive a RED or GREEN wristband.
- Children ages 5-8 must have a parent/guardian/responsible adult (18 years or older) on the pool deck regardless of wristband color.
- All children who are unable to touch in the deepest part of the shallow end and don't pass the swim test must wear a U.S. Coast Guard approved flotation device. In addition, child must be accompanied by a parent/guardian/responsible adult (18 years or older) at all times within arm's reach.

### LIFEGUARD SIGNALS

- 1 Whistle = Attention (guard will point and correct situation)
- 2 Whistles = Clear the Pool or Buddy check
- 3 Whistles = Emergency! Clear the pool **immediately!**

Please direct any questions or concerns regarding the pool to Jon Sporer, Aquatics Director.

## TOT WATCH & KIDS GYM GUIDELINES

Tot Watch and Kids Gym are available to members ages two months to nine years old. If a guest would like to utilize the Tot Watch and Kids Gym areas they will need to come in with a member and pay the youth guest pass fee to obtain a pass.

### TOT WATCH

Infants two months to six months old are limited to an hour visit in Tot Watch. Children seven months to five years may stay for a period of up to two hours in Tot Watch. Maximum capacity is 20 children.

Older siblings will be allowed on M/W/F and will be supervised by staff in the courts or on the playground.

- Parents and guardians are required to stay in the building and must be accessible in the event of an emergency.
- If a child becomes very upset during their visit, or if a diaper change is needed, parents will be contacted by Y staff and will need to pick up/change their child immediately.
- For the health and safety of all children, no snacks are allowed in Tot Watch or Kids Gym, and children with visible illness symptoms including fever, coughing, rash, or excessive nasal discharge will not be admitted.

### KIDS' GYM

Children aged 4-9 years may be dropped off in Kids' Gym. Children 3 and under may play in Kids' Gym with a parent's supervision.

The room's maximum capacity of children is 25.

For safety and sanitary reasons, children must wear socks while participating in Kids' Gym.

Please direct any questions or concerns regarding our Tot Watch & Kids Gym to Rob Gregory, Senior Program Director.