



4 Lane Pool Schedule Winter 2019 January 14th- March 22nd

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Lap Swim 5:30-8:00am	Lap Swim 5:30-8:00am	Lap Swim 5:30-8:00am	Lap Swim 5:30-8:00am	Lap Swim 5:30-8:00am	Lap Swim 6:00-8:25am	Lap Swim 7:00-8:55am
6:00							
6:30							
7:00							
7:30							
	safety break 8-8:15am	safety break 8-8:15am	safety break 8-8:05am	safety break 8-8:15am	safety break 8-8:15am		
8:00	Family/Adult/Private 8:15-10:00am	Family/Adult/Private 8:15-9:30am	Adult Swim 8:15-9:00am	Family/Adult/Private 8:15-10:00am	Family/Adult/Private 8:15-10:00am	Swim Lessons 8:30-12:00pm	Aqua Fit 9:00-9:55am
8:30							
9:00							
9:30	Adult Swim/ Private Lesson 10:00-12:00pm	Swim Lessons 9:30-12:00pm	Swim Lessons 9:00am-12:00pm	Swim Lessons 10:00-12:00pm	Swim Lessons 10:00-12:00pm		Swim Lessons 10:00-12:00pm
10:00							
10:30							
11:00							
11:30							
12:00	AOA Deep/Shallow 12:05-12:55pm	Aqua Fit 12:05-12:55pm	Aqua Fit 12:05-12:55pm	Deep Water 12:05-12:55pm	Aqua Fit 12:05-12:55pm	Family Swim 12:00-2:00pm	Family Swim 12:00-2:00pm
12:30							
1:00	Family/Adult 1:00-1:55pm	Family/Adult 1:00-1:55pm	Family/Adult 1:00-1:55pm	Family/Adult 1:00-1:55pm	Family/Adult 1:00-1:55pm		
1:30							
	safety break 1:55-2pm	safety break 1:55-2pm	safety break 1:55-2pm	safety break 1:55-2pm	safety break 1:55-2pm		
2:00	Adult Swim 2:00-3:30pm	Adult Swim 2:00-4:00pm	Adult Swim** 2:00-4:05pm	Adult Swim 2:00-4:00pm	Adult Swim 2:00-4:05pm	Pool Party 2:00-4:00pm*	Pool Party 2:00-4:00pm*+
2:30							
3:00	Swim Lessons 3:30-6:00pm	Swim Lessons 4:00-8:05	Swim Lessons 4:05pm-4:45pm	Swim Lessons 4:00-8:05	Swim Lessons 4:05pm-4:45pm	Youth Swim 4:00-4:55pm	Family Swim 4:00-5:30pm+
3:30							
4:00							
4:30					Squid Squad 4:45-6:05pm		
5:00							
5:30	Family Swim 6:00-7:00pm		Family Swim 6:05-7:00pm		Family Swim 6:05-8:00pm	Family Swim 5:00-6:30pm	
6:00							
6:30							
7:00	Deep Water 7:00-7:55pm		Deep Water 7:00-7:55pm				
7:30							
8:00	Evanston Rec 8:00-9:30pm	Adult Swim 8:05-9:30pm	Adult Swim 8-9:30pm	Adult Swim 8:05-9:30pm	Adult Swim 8:05-9:30pm		
8:30							
9:00							
9:30							

The 4-Lane Pool Schedule is subject to change without notice.

The 4L Pool is maintained between 85 degrees

Adult Swim is for adults only. It is recreational pool time for members who wish to use the pool for swimming, stretching, and general exercising. One lane line is set dividing pool for lap and recreational exercise. *Lane line can only installed if the pool is clear of patrons or if extra staff is available (such as a deck supervisor or instructor).*

Family Swim is recreational pool time for parents/guardians (18 and older) accompanying children in the water. An adult must be in the water for every 3 children under the age of 8 (1 to 3 ratio under 8, 1 to 5 ratio over 8)

Lap Swim is for lap swimming only, 4 lanes are available.

Family/Adult is recreational time for members, children must be accompanied (1 to 3 ratio) by an adult in the water. *Lane lines may not be put in, safety line is required at 3.5 ft*

Youth Swim is for youth who are in grades 3-8. **Use Youth Locker Rooms**

***Pool Party** for parties booked. If there are no parties, this is adult swim/privates lessons.

Proper Swim Attire required: NO gym shorts, street clothes or underwear permitted in the Pools or Hot Tub

***Safety Break is for lifeguards to adjust lane or safety lines. Pool must be clear of all patrons.**

+Closed first Sunday for Monthly scheduled maintenance,

****EVANSTON SWIMS! 1:00-2:30 Jan. 16th, Feb. 6th & March 6th YOUTH SWIM 3:00-3:55**

**REQUIRED: SWIM SUITS FOR ALL, STREET CLOTHES NOT PERMITTED
RUBBER SWIM DIAPER REQUIRED FOR THOSE NOT TOILET TRAINED
(Available for purchase at the front desk)**



McGaw YMCA Family Swim Rules

Lifeguard on duty is the authority in the pool. Please pay attention when the whistle is blown:

- 1 Short Whistle: Getting your attention
- 1 Long Whistle: Time to get out
- 3 Short Whistles: EMERGENCY, get out immediately

- No one under 16 is permitted without an adult
- Anyone older than 18 must be accompanied by a child under 12
- Adults must be accompanied by a child
- One parent/adult must be in the water for every 3 children 9:00-9:50am
- Running and rough play is not allowed
- No diving, flips, twists or backward jumps
- Inappropriate language is not tolerated
- Bags, coats, food and drinks are not permitted in pool area
- Inflatable toys and Aqua Zumba
- Noodles and personal toys may be used at the lifeguards discretion

Requirements to swim in Deep and Middle sections of the pool:

Pass a deep-water test:	Must be able to tread water and float on back for 15 seconds
Deep End:	Must be able to swim one length of the pool on stomach
Middle Section:	Must pass 2:00-4:05pm 2:00-4:05pm

Las Reglas del McGaw YMCA para la Natación Familiar

El salvavidas es la autoridad en el área de la piscina. Favor de poner atención cuando suene el silbato.

- 1 silbatazo corto: Preste atención al salvavidas
- 1 silbatazo largo: Es hora de salir del agua
- 3 silbatos cortos: EMERGENCIA, hay que salir del agua de inmediato

- Personas menores de los 16 años tienen que ser acompañados por un adulto
- Cualquier persona entre 16 a 18 deben estar acompañados por un niño menor de 12 años
- Los adultos tienen que traer a un niño para participar en la Natación Familiar
- Se requiere un mínimo de un adulto para cada 3 niños
- Está prohibido correr y jugar peligrosamente
- No se permiten clavados ni saltos de espalda al agua
- Vulgaridades no serán toleradas
- Bolsas, abrigos, comida y bebidas no son permitidos en el área de la piscina
- Juguetes inflados y flotadores no son permitidos
- Juguetes personales son permitidos a la discreción del salvavidas

Requisitos para nadar en el agua profunda de la piscina y la sección de en medio:

Agua Profunda: Pasar una prueba en el agua profunda: tratar agua por 15 segundos, y cruzar la piscina completa nadando boca abajo

Sección de en Medio: Pasar la prueba de agua profunda. Cada niño que no puede pasar esta prueba, tiene que ser acompañado por un adult