



**4 Lane Pool Schedule  
ONE WEEK SCHEDULE  
Monday, September 9 – Sunday, September 15**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	4 Lane Pool CLOSED	4 Lane Pool CLOSED	4 Lane Pool CLOSED	Lap Swim 5:15-8:00am	Lap Swim 5:15-8:00am	Lap Swim 6:00-8:25am	Lap Swim 7:00-8:50am
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00	4 Lane Pool CLOSED	4 Lane Pool CLOSED	4 Lane Pool CLOSED	safety break 8-8:15am	safety break 8-8:15am	Swim Lessons 8:30-12:00pm	Aqua Fit 9:00-9:55am
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00	4 Lane Pool CLOSED	4 Lane Pool CLOSED	4 Lane Pool CLOSED	Family/Adult/Private 8:15-10:00am	Family/Adult/Private 8:15-10:00am	Family Swim 12:00-2:00pm	Swim Lessons 10:00-12:00pm
7:30							
8:00							
8:30							
9:00							
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3:00							
3:30							
4:00	4 Lane Pool CLOSED	4 Lane Pool CLOSED	4 Lane Pool CLOSED	Adult Swim 10:00-11:00am	Swim Lessons 10:00-11:00pm	Youth Swim 4:00-4:55pm	Family Swim 4:00-5:30pm
4:30							
5:00							
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8:30							
9:00							
9:30							

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

The 4L Pool is maintained at 85 degrees

**SCHEDULE DEFINITIONS:**

The Aquatics Facility Closes at 9:30pm

**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. \*Private lessons may be taught with Manager approval

**Family/Adult** is recreational time for members, children must be accompanied (age/ratio, see Family swim above) by an adult in the water. *Lane lines may not be put in, safety line is required at 3.5 ft. Private lessons may be taught at this time.*

**Youth Swim** is for youth that are in grades 3-8. No Adults may swim. *\*Use Youth Locker Rooms\**

**Private Lessons** may be taught during this time to participants of any age.

**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

**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)

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

**EVANSTON SWIMS! 1:00-3:30 October 2, November 6, December 11**



# 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

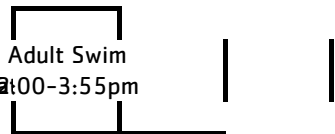
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Requirements to swim in Deep and Middle sections of the pool:

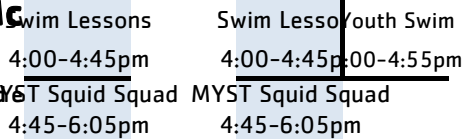
Pass a deep-water test:

Deep End:

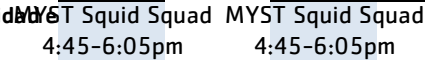
Middle Section: Must pass deep-water test



## Las Reglas del McGaw



El salvavidas es la autoridad



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

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- 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, abrigo, 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