CSD COMMUNITY YMCA POOL SCHEDULE | JUNE 8 – 30, 2020

SAFE POOLS HAVE RULES

- Lifeguards have complete authority to enforce rules.
- Swimming without a lifeguard present is prohibited.
- All swimmers and pool participants must shower completely before entering pools.
- Breath-holding activities are not permitted.
- Proper swimming attire must be worn at all times – no cut off shorts or t-shirts. Water diapers are required for swimmers not toilet trained.
- Swimming attire that restricts moving ability is also prohibited.
- All floatations devices must be Coast Guard approved with parent accompaniment in the water. No air-inflatables.
- Food, drink, and glass items are not permitted in the pool area and locker rooms.
- Distracting, inappropriate, and/or unsafe activities will be stopped immediately. This is to include running, pushing, dunking, roughhousing, diving, flips, twists, backward jumps and hanging on lifelines or lane markers.
- Children 11 years of age or younger must be accompanied by an adult (18 years of age or older).
- Enter the water facing forward, feet first. Diving headfirst is prohibited.
- Use of diving blocks is prohibited unless accompanied by a certified instructor or coach.
- Person with bandages, open cuts, wounds, sores, boils, contagious rashes or infections are not allowed in the pool.
- In order to minimize water in the locker rooms and lobby, please dry off and remove water shoes before entering.
- To keep pool deck free of hazards, please put all toys and water exercise equipment away after use.
- YMCA is not responsible for lost or stolen articles.

The YMCA swim team’s adjusted holiday schedules are posted on the pool deck. – OR – You may visit their website at swimrays.com.

CSD Community YMCA reserves the right to change the schedule to accommodate new programming, pool parties, or any other event, without notice, if necessary.

CSD Community YMCA does not guarantee anyone their own lane for lap swim. If you wish to swim laps, you might have to share a lane with other members. In this event circle swimming is required.

CSD Community YMCA
5485 Charlotte Highway
Clover, SC 29710
803.831.9622
Upymca.org
CSD COMMUNITY YMCA POOL SCHEDULE | JUNE 8 – 30, 2020

INDOOR 6-LANE LAP POOL SCHEDULE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>WATER WALKING L – 1-2</td>
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**SUNDAY**

| WATER WALKING L – 1-2                      | WATER WALKING L – 1-2                        | WATER WALKING L – 1-2                         | WATER WALKING L – 1-2                        | WATER WALKING L – 1-2                        | WATER WALKING L – 1-2                         |
| LAP SWIM L – 3-6                            | LAP SWIM L – 3-6                             | LAP SWIM L – 3-6                              | LAP SWIM L – 3-6                             | LAP SWIM L – 3-6                             | LAP SWIM L – 3-6                             |
| 1:00PM – 5:30PM                             | 1:00PM – 5:30PM                              | 1:00PM – 5:30PM                               | 1:00PM – 5:30PM                              | 1:00PM – 5:30PM                              | 1:00PM – 5:30PM                              |

**L-#: Indicates lap lanes available during that period of time.**

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CSD Community YMCA
5485 Charlotte Highway
Clover, SC 29710
803.831.9622
Upymca.org

Branch Hours
M–F: 5:00AM-9:30PM
S: 8:00AM-6:00PM
Su: 1PM-6PM

Pool Hours
M–F: 5:30AM-9:00PM
S: 8:00AM-5:30PM
Su: 1:00PM-5:30PM

Childwatch Hours
M–F: 8:00AM-12:00PM & 4:00PM-8:00PM
S: 8:00AM-12:00PM
Su: No Childwatch Hours Available
# CSD Community YMCA Pool Schedule | June 8 – 30, 2020

## Indoor 4-Lane Exercise Pool Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td><strong>WATER WALKING L-4</strong></td>
<td><strong>WATER WALKING L-4</strong></td>
<td><strong>WATER AEROBICS 8:05AM-8:30AM</strong></td>
<td><strong>WATER AEROBICS 8:05AM-8:30AM</strong></td>
<td><strong>WATER AEROBICS 9:15AM-9:45AM</strong></td>
<td><strong>WATER AEROBICS 9:15AM-9:45AM</strong></td>
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<td><strong>WATER AEROBICS 4:30PM-7:00PM</strong></td>
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**CSD Community YMCA**

5485 Charlotte Highway
Clove, SC 29710
803.831.9622
Upymca.org

**Branch Hours**
M-F: 5:00AM-9:30PM
S: 8:00AM-6:00PM
Su: 1 PM-6PM

**Pool Hours**
M-F: 5:30AM-9:00PM
S: 8:00AM-5:30PM
Su: 1:00PM-5:30PM

**Childwatch Hours**
M-F: 8:00AM-12:00PM & 4:00PM-8:00PM
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CSD COMMUNITY YMCA POOL SCHEDULE | JUNE 8 – 30, 2020

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CSD Community YMCA
5485 Charlotte Highway
Clover, SC 29710
803.831.9622
Upymca.org

<table>
<thead>
<tr>
<th>Branch Hours</th>
<th>Pool Hours</th>
<th>Childwatch Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>M–F: 5:00AM–9:30PM</td>
<td>M–F: 5:30AM–9:00PM</td>
<td>M–F: 8:00AM–12:00PM &amp; 4:00PM–8:00PM</td>
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<tr>
<td>S: 8:00AM–6:00PM</td>
<td>S: 8:00AM–5:30PM</td>
<td>S: 8:00AM–12:00PM</td>
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<tr>
<td>Su: 1PM–6PM</td>
<td>Su: 1:00PM–5:30PM</td>
<td>Su: No Childwatch Hours Available</td>
</tr>
</tbody>
</table>

L-#: Indicates lap lanes available during that period of time.
WW & FS = Water Walking and Family Swim in two open lanes
*Water aerobics classes will take ¾ of the pool. There will be ¼ of the pool (near the steps by the pool windows) for family swim during water aerobics class times.
**YMCA Swim Lessons ¾ of the pool. There will be ¼ of the pool (near the steps by the pool windows) for family swim during swim lessons class times.
### JUNE 2020 | WATER AEROBICS SCHEDULE

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:30–7:15pm</td>
<td>Aqua Dance</td>
<td>Sarah G.</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Wednesday</td>
<td>8:05–8:50am</td>
<td>Water Wellness</td>
<td>Pat C.</td>
</tr>
<tr>
<td></td>
<td>11:30–12:30pm</td>
<td>Aqua Aerobics–Shallow</td>
<td>Jan A.</td>
</tr>
<tr>
<td></td>
<td>6:30–7:15pm</td>
<td>Aqua Dance</td>
<td>Sarah G.</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:05–8:50am</td>
<td>Aqua Conditioning</td>
<td>Lindsay S.</td>
</tr>
<tr>
<td>Friday</td>
<td>9:15–10:15am</td>
<td>Aqua Conditioning</td>
<td>Lindsay S.</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00–9:45am</td>
<td>Aqua Dance</td>
<td>Sarah G.</td>
</tr>
</tbody>
</table>

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**BRANCH NEWS**

All classes are first come, first serve. No water aerobics equipment (water weights, noodles, swim belts, etc.) will be provided by the YMCA at this time. Class schedule is subject to change. Please practice social distancing (6 feet apart) in order to keep yourself and others safe as possible. We look forward to seeing you at the Y!
WATER AEROBICS GROUP DESCRIPTIONS

**Aqua Aerobics—Shallow** this water aerobics class is a compilation of warm-up, cardio, muscular strengthening with bells, balancing, and stretching. This class will help to increase stamina and strength. It is a mild to high impact class, but is designed for all levels of participation. Participants can work at their own level with ease. This is a good class for all ages. Levels 1-3

**Aqua Conditioning:** This aqua class will incorporate high level cardio with strength training. Constant movement in the water burn calories and shape the body. Working against the drag of the water and using various aquatic equipment will help improve strength, definition and endurance. Levels 1-3

**Aqua Dance:** This water class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. There is minimal impact on your joints so you can really let loose. This pool party you don’t want to miss! Levels 1-3

**Water Wellness:** Become acquainted with water walking and exercising in the pool. Reduced stress on joints will allow you to tone and strengthen while increasing your range of motion. We will focus on movements to improve coordination and balance. Levels 1-3

**Level 1 Beginner, Level 2 Intermediate, Level 3 Advanced**
MAKE A SPLASH

AT THE CSD COMMUNITY YMCA
50 METER WATERPARK

5485 Charlotte Highway
Clover, SC 29710
(803) 831-9622
www.upymca.org
50 METER WATERPARK HOURS | JUNE 8—30, 2020

Monday—Friday | 12:00pm–6:00pm

Saturday | 11:00–5:30pm

Sunday | 1:00–5:30pm

SAFETY BREAKS:
Hourly brakes will be taken the last 15 minutes of every hour. All children 17 years of age or younger will be asked to get out of the pool during this time.

POOL ENTRANCE:
All 50 Meter Waterpark foot traffic must enter through outside ticket booth. Foot traffic between indoor/outdoor pools is prohibited.

NOT POTTY TRAINED?
“Swimmie” diapers MUST be worn in conjunction with a plastic or rubber pants and or bathing suit for swimmers. “Swimmie” diapers alone without rubber/plastic pants and a swim suit is not permitted.
FACILITY/POOL RULES

- Lifeguards have complete authority to enforce rules.
- Swimming without a lifeguard present is prohibited.
- All swimmers and pool participants must shower completely before entering pools.
- Breath-holding activities are not permitted.
- Proper swimming attire must be worn at all times. Swimming attire that restricts moving ability is prohibited (ie cut off shorts, baggy t-shirts).
- Swimmers not toilet trained must wear a "swimmie" diaper in conjunction with rubber/plastic pants and or swim pants/ swim suit.
- All flotations devices must be Coast Guard approved with parent accompanied in the water. No air-inflatables.
- Swimming, alcohol, weapons, and/or drugs are not permitted in the pool area or locker rooms.
- Smoking, alcohol, weapons, and/or drugs are not permitted in the pool area or locker rooms. Anyone under the influence of alcohol or drugs will not be permitted in the pool area.
- Enter the water facing forward, feet first. Diving headfirst is prohibited.
- Use of diving blocks is prohibited.
- Persons with bandages, open cuts, wounds, sores, boils, contagious rashes or infections are not allowed in the pool.
- Small coolers/beverage carriers are allowed on the pool deck.
- Food items are allowed on the pool deck in moderation. Pool users are expected to clean up any trash they may accumulate.
- Glass items are not permitted in the pool area or locker rooms.
- Distracting, inappropriate, and/or unsafe activities will be stopped immediately. I.E. running, pushing, dunking, roughhousing, diving, flips, twists, backward jumps, cheer stunts and hanging on lifelines or lane markers.
- Age Requirements, without bands:
  - Children 5 years of age and under must have and adult (18 years of age or older) in the water with them.
  - Children 6-11 years of age or younger must be accompanied by an adult (18 years of age or older) in the pool area.
  - All children 12 years of age or younger must take a safety swim test. Those who decline to take the test will be considered "Red Band." Those who do not pass the shallow water competency test are also considered "Red Band." Those who decline to take the test are also considered "Red Band." Swimmers who are not yet ready for the green band test, they may take the "Yellow Band" shallow water competency test, which consists of the following:
    1. A "Green Band" swimmer has access to the entire pool and slides depending on swimmer height. The "Green Band" test is a deep water test consisting of the following:
      - Jump into water that is over the patron’s head and return to the surface.
      - Swim one pool length (25 yards) unassisted, with face in the water, without rest and good execution.
      - Tread water for one minute, turn on their back, float briefly.
    2. A "Yellow Band" swimmer must stay in water that is armpit deep or less. Swimmers who are not yet ready for the green band test.
      - Swimmer is placed on their back by the testing guard, then must stand up unassisted.
      - Swimmer is then placed on their stomach by the testing guard, then must stand up unassisted.
    3. Those who do not pass the shallow water competency test are considered "Red Band." Those who decline to take the test are also considered "Red Band" swimmers. "Red Band" swimmers must stay in water that is armpit deep or less and require active adult supervision. Active supervision means the adult must be in the water within arm’s reach at all times (1 adult per 2 children ratio).
- Keep Pool Deck and seating area free of hazards.
- YMCA is not responsible for lost or stolen articles.
- A swim test is required by anyone 12 years of age or younger, who wishes to use the deep end or slide.
- All 50 Meter Waterpark foot traffic must enter through the outside ticket booth. Foot traffic between indoor/outdoor pools is prohibited.
- No dunking or hanging on basketball rims/nets. All basketball participants must use basketballs provided by the YMCA.
- Safety breaks will be taken the last 15 minutes of every hour. All children 17 years of age or younger will be asked to get out of the pool during this time.
SAFETY SWIM TEST

Notes:
1. Lifeguards will gladly conduct two swim assessment per child per day when space and staffing are available. The YMCA reserves the right to re-test all swimmers regardless of age.
2. Swimmers will be issued one swim band for the summer. It is their responsibility to bring it back with them during each visit. When a swimmer moves from a red to yellow (or yellow to green) they made trade in their band at no cost. If a band is misplaced or forgotten, replacement bands are available for $1 after a re-assessment has been completed.
3. Swimmers not wearing swim bands must stay in water that is armpit deep or less and require active adult supervision.
4. All swimmers and their parents must read all the pool rules and sign prior to completing a swim assessment.
5. At no time may a child with a red band or yellow band swim in the deep end of the pool or go down the slide regardless of the presence of a parent or the use of a Coast Guard approved flotation device.
6. Children 12 years of age or younger must be accompanied by an adult (18 years of age or older) regardless of passing a swim assessment.
7. When possible, set up swim lessons for Red Band and Yellow Band patrons.
8. Intentionally wearing the wrong color safety band or trading swim bands will result in immediate removal from the pool.

I/We understand and agree to abide by the current CSD Community YMCA Policy of the 50 Meter Waterpark. In addition, I/we understand that my privilege to use the waterpark in its entirety may be restricted or revoked for any behavior or safety concerns. I acknowledge, accept, and understand the above pool rules and regulations and safety swim test procedure.

_________________________________  ________________________________  ______
Guardian Print                        Guardian Signature                Date

_________________________________  ________________________________  ______
Youth Print                          Youth Signature                   Age   Date

Color Band to be Issued
______________________________________________

_________________________________  ________________________________  ______
Lifeguard Print                     Lifeguard Signature                Date

Bring form back to the ticket booth and ask for a colored safety band every time you come swimming!