



CENTENNIAL HILLS YMCA INDOOR LAP POOL SCHEDULE

July 1st - 31st
Included with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 8:00am Lap Swim - 2-4 lanes Rec Swim - 1-2 lanes Aqua Fit Cardio 8:00am - 8:50am 9:00am - 9:50am 8:00am - 9:00am Lap Swim - 2-3 lanes 9:00am - 10:00am Lap Swim - 2 lanes Rec Swim - 1 lane 10:00am - 11:00am Swim Team Lap Swim - 1 - 2 lanes 11:00am - 4:15pm Lap Swim -2-3 lanes Rec Swim - 1 lane 4:15pm-6:00pm Swim Lessons *Pool closed for programs 6:00pm-7:45pm Lap Swim - 2-4 lanes Rec Swim - 1-2 lanes Lap Swim Available at Outdoor Pool from 5:15p - 7:45p	5:00am - 8:00am Lap Swim - 2-4 lanes Rec Swim - 1-2 lanes Aqua Fit Cardio 8:00am - 8:50am 8:00am - 9:00am Lap Swim - 2-3 lanes 9:00am - 10:00am Lap Swim - 2-4 lanes Rec Swim - 1 lane 10:00am - 11:00am Swim Team Lap Swim - 1 - 2 lanes 11:00am - 4:00pm Lap Swim -2-3 lanes Rec Swim - 1 lane 4:00pm-5:00pm Swim Team *Pool closed for programs 5:00pm-7:45pm Lap Swim - 2-4 lanes Rec Swim - 1 lane Lap Swim Available at Outdoor Pool from 7:00p - 7:45p	5:00am - 8:00am Lap Swim - 2-4 lanes Rec Swim - 1-2 lanes Water In Motion Strength 8:00am - 8:50am 9:00am - 9:50am 8:00am - 9:00am Lap Swim - 2-3 lanes 9:00am - 10:00am Lap Swim - 2 lanes Rec Swim - 1 lane 10:00am - 11:00am Swim Team Lap Swim - 1 - 2 lanes 11:00am - 4:15pm Lap Swim -2-3 lanes Rec Swim - 1 lane 4:15pm-6:00pm Swim Lessons *Pool closed for programs 6:00pm-7:45pm Lap Swim - 2-4 lanes Rec Swim - 1-2 lanes Lap Swim Available at Outdoor Pool from 5:15p - 7:45p	5:00am - 8:00am Lap Swim - 2-4 lanes Rec Swim - 1-2 lanes Water In Motion Strength/Aqua Fit 8:00am - 8:50am 8:00am - 9:00am Lap Swim - 2-3 lanes 9:00am - 10:00am Lap Swim - 2-4 lanes Rec Swim - 1 lane 10:00am - 11:00am Swim Team Lap Swim - 1 - 2 lanes 11:00am - 4:00pm Lap Swim -2-3 lanes Rec Swim - 1 lane 4:00pm-5:00pm Swim Team *Pool closed for programs 5:00pm-7:45pm Lap Swim - 2-4 lanes Rec Swim - 1 lane Lap Swim Available at Outdoor Pool from 7:00p - 7:45p	5:00am - 11:00am Lap Swim 2-4 lanes Rec Swim - 1-2 lanes 11:00am - 12:00pm Lap Swim 1-3 lanes Rec Swim 1 lane 12:00pm - 6:45pm Lap Swim 2-3 lanes Rec Swim 1 lane SWIM TESTS ARE REQUIRED FOR 11 YEARS AND UNDER TO BE IN THE POOL WITHOUT A LIFEJACKET AND/OR PARENT/GUARDIAN WITHIN ARMS REACH. SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING. SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING. TO TAKE A SWIM TEST PLEASE ASK LIFEGUARD ON DUTY. LIFEGUARDS RESERVE THE RIGHT TO SWIM TEST ALL PATRONS. POOL AVAILABILITY MAY BE SUBJECT TO CHANGE ON A DAILY, WEEKLY, OR MONTHLY BASIS. INSTRUCTORS MAY USE PART OF THE THERAPY POOL FOR SWIM LESSONS. *Closures: Indoor Pool on Thursday, July 2nd & 16th from 5:15pm-6pm and Indoor/Outdoor on Thursday, July 30th at 6pm.	7:00am - 9:00am Lap Swim 2-4 lanes Rec Swim - 1 lane 9:00am - 10:00am Swim Team & Adult Lessons *Pool Closed for programs 10:00am - 12:00pm Lap Swim -2-4 lanes Rec Swim - 1 lane 12:00pm - 1:00pm Swim Team & Splash Ball *Pool Closed for programs 1:00pm-3:45pm Lap Swim 2-3 Lanes Rec Swim - 1 lane	9:00am - 12:45pm Lap Swim 2-4 lanes Rec Swim 1 lane



CENTENNIAL HILLS YMCA: THERAPY POOL SCHEDULE

July 1st - 31st
Included with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	5:00am - 8:00am Adult Therapy Use Only	7:00am-12:00pm Open Swim	9:00am - 10:30am Adult Therapy Use Only
8:00am - 11:45am Open Swim	8:00am - 10:30am Open Swim	8:00am - 12:45pm Open Swim	8:00am - 10:30am Open Swim	8:00am - 12:15pm Open Swim		
11:45am - 12:45pm Closed	10:30am-11:00am Parent/Child Swim Lessons *Pool closed for programs	12:45pm - 1:45pm Closed	10:30am-11:00am Parent/Child Swim Lessons *Pool closed for programs	12:15pm - 1:15pm Closed	12:00pm-2:45pm Open Swim: ½ Pool	10:30am - 12:45pm Open Swim
12:45pm - 4:30pm Open Swim	11:00am - 12:30pm Open Swim ½ Pool	1:45pm -3:30pm Open Swim	11:00am - 12:30pm Open Swim ½ Pool	1:15pm - 6:45pm Open Swim	2:45pm-3:45pm Adult Therapy Use Only	
4:30pm - 5:45pm Preschool Swim Lessons *Pool closed for programs	12:30pm - 1:20pm Arthritic Splash* *Pool closed for programs	4:30pm - 5:45pm Preschool Swim Lessons *Pool closed for programs	12:30pm - 1:20pm Arthritic Splash* *Pool closed for programs	<p>POOL AVAILABILITY MAY BE SUBJECT TO CHANGE ON A DAILY, WEEKLY, OR MONTHLY BASIS. INSTRUCTORS MAY USE PART OF THE THERAPY POOL FOR SWIM LESSONS.</p> <p>Adult Therapy Use Only: For therapeutic, recovery and low impact water exercise.</p> <p>Open Swim: Therapy pool is open for family, recreation and therapy use. Please be considerate when sharing pool.</p> <p>*Closures: Indoor Pool on Thursday, July 2nd & 16th from 5:15pm-6pm and Indoor/Outdoor pools on Thursday, July 30th at 6pm.</p> <p>SWIM TESTS ARE REQUIRED FOR 11 YEARS AND UNDER TO BE IN THE POOL WITHOUT A LIFEJACKET AND/OR PARENT/GUARDIAN WITHIN ARMS REACH.</p> <p>SWIM TEST CONSIST OF SWIMMING 25 YARDS FROM DEEP END TO SHALLOW END OF THE LAP POOL WITHOUT STOPPING. TO TAKE A SWIM TEST PLEASE ASK LIFEGUARD ON DUTY. LIFEGUARDS RESERVE THE RIGHT TO SWIM TEST ALL PATRONS.</p>		
5:45pm - 7:00pm Open Swim	1:20pm - 6:15pm Open Swim	5:45pm - 7:00pm Open Swim	1:20pm - 6:15pm Open Swim			
	6:15pm-6:45pm Parent/Child Class *Pool closed for programs		6:15pm-6:45pm Parent/Child Class *Pool closed for programs			
7:00pm - 7:45pm Adult Therapy Use Only	7:00pm - 7:45pm Adult Therapy Use Only	7:00pm - 7:45pm Adult Therapy Use Only	7:00pm - 7:45pm Adult Therapy Use Only			



CENTENNIAL HILLS YMCA: OUTDOOR POOL SCHEDULE

July 1st - 31st

Included with membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:00am - 11:00am Swim Lessons *Pool Closed for Programs</p> <p>11:00am - 12:00pm Pool Closed</p> <p>12:00pm-1:00pm Member's Only Swim</p>	<p>9:00am - 11:00am Swim Lessons *Pool Closed for Programs</p> <p>11:00am - 12:00pm Pool Closed</p> <p>12:00pm-1:00pm Member's Only Swim</p>	<p>9:00am - 11:00am Swim Lessons *Pool Closed for Programs</p> <p>11:00am - 12:00pm Pool Closed</p> <p>12:00pm-1:00pm Member's Only Swim</p>	<p>9:00am - 11:00am Swim Lessons *Pool Closed for Programs</p> <p>11:00am - 12:00pm Pool Closed</p> <p>12:00pm-1:00pm Member's Only Swim</p>	<p>10:00am-10:50am WATERinMOTION Strength Group Exercise Class No Lap or Open Swim</p> <p>10:50am-2:00pm Pool Closed</p> <p>2:00pm-3:00pm Member's Only Swim</p>	<p>9:00am-12:00pm Swim Lessons *Pool Closed for Programs</p> <p>12:00pm-5:00pm Open Swim \$5 Y Members Free</p>	<p>12:00pm-5:00pm Open Swim \$5 Y Members Free</p>
<p>1:00pm-5:00pm Open Swim \$5 Y Members Free</p>	<p>1:00pm-5:00pm Open Swim \$5 Y Members Free</p>	<p>1:00pm-5:00pm Open Swim \$5 Y Members Free</p>	<p>1:00pm-5:00pm Open Swim \$5 Y Members Free</p>	<p>3:00pm-7:00pm Open Swim \$5 Y Members Free</p>		
<p>5:15pm - 6:00pm Members Only Lap Swim 4 lanes</p> <p>6:00pm - 7:00pm Advanced Swim Team Members Only Lap Swim 1-2 lanes</p> <p>7:00pm - 7:45pm Members Only Lap Swim 2-4 lanes</p>	<p>5:15pm-6:00pm Swim Lessons *Pool Closed for Programs</p> <p>6:00pm - 7:00pm Swim Team *Pool Closed for Programs</p> <p>7:00pm - 7:45pm Members Only Lap Swim 2-4 lanes Aqua Fit Group Exercise Class</p>	<p>5:15pm - 6:00pm Members Only Lap Swim 4 lanes</p> <p>6:00pm - 7:00pm Advanced Swim Team Members Only Lap Swim 1-2 lanes</p> <p>7:00pm - 7:45pm Members Only Lap Swim 2-4 lanes Aqua Zumba Group Exercise Class</p>	<p>5:15pm-6:00pm Swim Lessons *Pool Closed for Programs</p> <p>6:00pm - 7:00pm Swim Team *Pool Closed for Programs</p> <p>7:00pm - 7:45pm Members Only Lap Swim 2-4 lanes</p>	<p>All patrons wishing to access waterslides, diving boards or deep water (chest level or higher) must take and pass a swim test.</p> <p>Swim tests are done hourly at the top of the hour for approximately 10 minutes.</p> <p>The swim test will consist of jumping into the deep end of the pool and swimming twenty yards without stopping.</p> <p>To use the slide, riders must also be at least 48" tall.</p> <p>Swim tests will be conducted every hour, on the hour, during pool hours of operation.</p> <p>*Closures: Outdoor Pool at 5pm on Thursday, July 2nd and 16th. The Indoor/Outdoor Pools on Thursday, July 30th at 6pm.</p>		



CENTENNIAL HILLS YMCA POOL SCHEDULE

Pool Rules

Waterslide Rules

- All patrons wishing to access waterslides, diving boards or deep water (chest level or higher) must take and pass a swim test. Swim tests are done hourly at the top of the hour for approximately 10 minutes.
- No swimming when a lifeguard is not on duty.
- Children under the age of 12 must be accompanied by a parent or guardian 18 years of age or older.
- Children who do not pass the swim test and the water level of the shallow end is at chest level or higher must have a parent or guardian within arms reach, in the pool at all times OR have on a US Coast Guard approved life jacket.
- Flotation devices are not allowed in the pool except for Coast Guard approved lifejackets.
- Pushing, shoving, pulling, or running on the pool deck is not allowed.
- Dunking, rough-housing, and "chicken" are not allowed.
- Breath holding games are strictly prohibited.
- No diving except in designated areas.
- Hanging on ropes or lane lines is not allowed.
- Food and drink are allowed only in seating areas.
- Glass is not allowed in the pool area.
- Alcoholic beverages and drugs are not allowed on YMCA property.
- All patrons must shower before entering the pool water.
- All children required to wear diapers must wear a pool friendly swim diaper while in the water (Swim diapers may be purchased for \$3 each).
- Bathing suits are required. No cut-offs, street clothes, or cotton in the pool.
- Smoking is not allowed on YMCA Property. This includes electronic smoking devices.

- No standing, kneeling, rotating, tumbling, or stopping in any flume or tunnel.
- You must slide feet first on your back.
- No diving or flipping while exiting from a flume.
- Only 1 person down the slide at a time.
- Must follow all instructions from Aquatic Staff.
- Must keep hands inside the flume while using the slide.
- Must leave the landing pool promptly after exiting from the slide.
- No toys or sharp objects while riding the slide.
- No lifejackets. Must be an independent swimmer.

YOU MUST BE AT LEAST 48" TALL TO RIDE THE SLIDES

Diving Board Rules

- Divers will dive when the lifeguard informs them, they can go.
- Only one bounce allowed, no flips, divers will dive straight out, no assisted dives.
- Each diver must exit the water before another diver can step onto the diving board. Divers should swim to the exit nearest to them.
- Swimmers are not permitted to swim in the diving well; this area is for divers only.

YEAR ROUND SWIM LESSONS AVAILABLE AT OUR INDOOR POOL:

KEEPING KIDS SAFE AROUND WATER

2
CHILDREN DIE EACH DAY FROM DROWNING

60%
OF YOUTH DROWNING INCIDENTS OCCUR WITHIN 10 FT OF SAFETY

88%
OF CHILDREN WHO DROWN ARE UNDER SOME FORM OF SUPERVISION

Sources: SafeKids.org/Itres

SCAN HERE!



Scan the QR code to register for swim lessons today!