

ROCHESTER AREA FAMILY Y

709 1st Ave SW Rochester MN 55902 (507) 287-2260 www.rochfamy.org

JUNE 1—SEPTEMBER 5, 2010

Water Park Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 11:00am - 4:30 pm	Open Swim 6:00am-9:00am 11:30am-3:45pm 6:30pm - 8:30pm	Open Swim 6:00am-9:00am 11:30am-3:45pm 6:30pm - 8:30pm	Open Swim 6:00am-9:00am 11:30am-3:45pm 6:30pm - 8:30pm	Open Swim 6:00am-9:00am 11:30am-3:45pm 6:30pm - 8:30pm	Open Swim 6:00 am-8:45pm	Open Swim 7:30am-5:30 pm
Water Slide Open 12:00 pm - 4:30pm	Water Slide Open 12:30pm – 3:45pm 6:30pm-8:30pm	Water Slide Open 12:30pm – 3:45pm 6:30pm-8:30pm	Water Slide Open 12:30pm– 3:45pm 6:30pm-8:30pm	Water Slide Open 12:30pm– 3:45pm 6:30pm-8:30pm	Water Slide Open 1:00pm-8:45pm	Water Slide Open 12:00pm-5:30pm
	Swim Lessons 9:00am-11:30am 4:00pm-6:15pm No Open Swim	Swim Lessons 9:00am-11:30am 4:00pm-6:15pm No Open Swim	Swim Lessons 9:00am-11:30am 4:00pm-6:15pm No Open Swim	Swim Lessons 9:00am-11:30am 4:00pm-6:15pm No Open Swim	For your consideration: The Y Day Camp participants may be utilizing the indoor pools Mon-Fri during afternoon open swim hours.	

Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 11:00am - 1:00pm	Lap Swim 5:00am - 8:00am 11:30am -1:00pm 9:00pm - 9:30pm	Lap Swim 5:00am - 8:00am 11:30am - 1:00pm 9:00pm - 9:30pm	Lap Swim 5:00am - 8:00am 11:30am - 1:00pm 9:00pm - 9:30pm	Lap Swim 5:00am - 8:00am 11:30am - 1:00pm 9:00pm-9:30pm	Lap Swim 5:00am - 8:00am 11:30am - 1:00pm	Lap Swim 7:30am - 8:30am 11:30am - 1:00pm
Open Swim 1:00pm - 4:30pm 2 lap lanes available	Water Fitness 8:00am - 8:55am 2 lap lanes available	Water Fitness 8:00am - 8:55am 6:30pm—7:15pm 2 lap lanes available	Water Fitness 8:00am - 8:55am 6:30pm—7:15pm	Water Fitness 8:00am - 8:55am 2 lap lanes available	Water Fitness 9:00am - 9:55am 2 lap lanes available	Water Fitness 8:30am - 9:25am 2 lap lanes available
	Swim Lessons 9:00am -11:30am 4:00pm - 6:30pm 1 lap lane available	Swim Lessons 9:00am-11:30am 4:00pm—6:30pm	Swim Lessons 9:00am-11:30am 4:00pm-6:30pm	Swim Lessons 9:00am - 11:30am 4:00pm - 6:30pm 1 lap lane available	Open Swim 10:15am - 11:30am 1:30pm - 8:45pm 2 lap lanes available	Open Swim 1:00pm - 5:30pm 2 lap lanes available
	Open Swim 1:30pm - 4:00pm 6:30pm - 9:00pm 2 lap lanes available	Open Swim 1:30pm - 4:00pm 7:15pm - 9:00pm	Open Swim 1:30pm - 4:00pm 7:15pm - 9:00pm	Open Swim 1:30pm - 4:00pm 6:30pm - 9:00pm 2 lap lanes available		

Blue - Open Swim Pink - Swim Lessons Yellow - Group Fitness Classes Green - Lap Swim

Silver Lake Pool

June 12—August 15

709 1st Ave SW Rochester MN 55902 (507) 281-6179

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6:00am - 8:00am	Lap Swim 6:00am - 8:00am	Lap Swim 6:00am - 8:00am	Lap Swim 6:00am - 8:00am	Lap Swim 6:00am - 8:00am	Lap Swim 6:00am - 8:00am	Lap Swim 7:00am - 11:00am
Open Swim 1:00pm - 6:00pm 1 lap lane available	Open Swim 1:00pm - 5:00pm 1 lap lane available	Open Swim 1:00pm - 8:00pm 1 lap lane available	Open Swim 1:00pm - 5:00pm 1 lap lane available	Open Swim 1:00pm - 8:00pm 1 lap lane available	Open Swim 1:00pm - 6:00pm 1 lap lane available	Open Swim 1:00pm - 6:00pm 1 lap lanes available
		Water Fitness 5:30pm - 6:15pm 1 lap lane available				

GENERAL YMCA POOL INFORMATION

Lap Pool:

- 3 - 10 feet deep
- Approximately 83°
- 5 lanes/25 yards long
- 72 lengths (36 laps) = 1 mile

Water Park:

- 0 - 3.5 feet deep
- Approximately 86°

Whirlpool:

- 3 feet deep
- Approximately 103°

DRESS CODE

Males: *Swim trunks or Speedo-type briefs only.* NO cut-offs, shorts with zippers, bicycle shorts. NO exposed underwear, street clothes.

Females: *Swim suits must be worn in the pool at all times.* Tight-fitting cotton or lycra shirts, shorts, or pants may be worn over a swimsuit as needed. NO exposed underwear, bras-including sports bras, or street clothes allowed.

Children & Infants: Infants must wear swim suit bottoms with swim diaper. NO diapers or underwear are allowed. Rubber pants over swim suit bottoms is recommended. Children who are not potty trained are required to wear swim diapers with plastic pants over the diaper. These pants must have elastic around the waist and legs.

SAFETY

LAP POOL/WATER PARK

- Lifeguards are on duty for your safety, please obey their requests
- **Children aged 0 - 6 yrs old must have an adult in the water within an arms reach of the child.**
- **Children aged 7 - 9 yrs old must have an adult in the pool lobby or pool area**
- **Children aged 10 and older may use the pool facility unattended**
- Please shower before entering either pool
- Water wings or inflatable devices are not permitted (lifejackets and noodles are permitted)
- Walk while on the pool deck
- Abstain from rough play, throwing others, piggyback rides and riding on shoulders
- Diving is only permitted in the deep end of the lap pool
- All personal toys, fins, and masks are allowed at lifeguard discretion
- Kickboards are only available for lap swimming

WHIRLPOOL

When using the whirlpool, please be aware of the following guidelines:

- People suffering from heart disease, diabetes, or high blood pressure or women who are pregnant should not use the whirlpool.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness, or fainting.
- Please limit your time in the whirlpool
- Please refrain from submerging past your shoulders.
- Adults may use the whirlpool anytime the lap pool is in operation.
- **Adults aged 18 and older may use the whirlpool**

GENERAL SILVER LAKE POOL INFORMATION

- 3' - 10' Deep
- Drop Slide available for those who can swim
- Children aged 0 - 6 yrs old must have an adult in the water within an arms reach of the child
- Children aged 7 - 9 yrs old must have an adult in the pool area
- Children aged 10 and older may use the pool facility unattended
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