



FOR YOUTH DEVELOPMENT
FOR HEALTH LIVING
FOR SOCIAL RESPONSIBILITY

HARRIS YMCA INDOOR POOL SCHEDULE – WINTER/SPRING 2025

NEW HOURS BEGINNING JANUARY 13, 2025

Zero Entry

Weekdays		Weekends	
5AM–11AM	Closed	8AM-12PM (Saturday Only)	Swim Lessons (closed to the public)
11AM-8PM	Open	12PM – 5:45PM	Open

Multi-Purpose

Weekdays		Weekends	
5AM–8AM	Closed	8AM-12PM (Saturday Only)	Swim Lessons (closed to the public)
8AM- 11AM	Water Fitness (Reservations Required) <i>9:00AM (T,Th)</i>	12PM–5:45PM Open	
11AM-4PM	Open**		
4PM–7PM	Swim Lessons (M,W) Swim Team (T,Th) Water Fitness (T, Th)		
7PM-8PM	Open **		

Lap Pool

Weekdays		Weekends	
5AM–8AM	Lap Swim 6 Lanes	7AM-12PM (Saturday Only)	Lap Swim 6 Lanes (3 lanes from 11-12)
8AM-6PM	Lap Swim 6 Lanes	12PM–5:45PM	Lap Swim 6 Lanes
6PM–7PM	Lap Swim 3 Lanes (M,W) Lap Swim 1 Lanes (T,Th) Lap Swim 6 Lanes (F)		
7PM-9:45PM	Open (8:45PM closing on Friday)		

**** Please note-Space in the Multipurpose Pool may be limited at times due to aquatic programming or training in that area.**

ADULT SUPERVISION

- All children under the age of 10 must have active, adult supervision on the pool deck regardless of their swimming ability.
- To swim without a parent, children under the age of 13 must pass a swim test (yellow band or green band).
- Non-swimming children under the age of 13 must have a parent accompany them in the water at all times at arm's reach.
- Non-swimming children age 6 or younger wearing an USCG approved flotation device must have a parent in the pool with them at arm's reach.
- Non-swimming children age 7 or older in an USCG flotation device may not swim deeper than arm-pit depth and must have active supervision from a parent/guardian on the pool deck. In the outdoor main pool, a parent must be in the pool at all times.
- Yellow band swimmers (see testing requirements below) may swim unaccompanied up to arm-pit depth in the indoor pools and may use the indoor slide. A parent must accompany them to swim in the outdoor main pool and must be on deck at all times regardless of the pool they are using or their age.
- Green band swimmers (see testing requirements below) may swim unaccompanied in any part of the pools and do not require adult supervision on the deck from ages 10-12.
- Youth 13 or older may use the pool without adult supervision.

SWIM TESTS

Yellow Band Test-Swimmers must:

- Float on their backs for 5 seconds.
- Float face down for 5 seconds.
- Swim 15 feet, horizontally, on their stomach, without stopping on the wall nor touching the bottom.

Green Band Test-Swimmers must:

- Float on their backs for 5 seconds
- Float face down for 5 seconds
- Swim 25 yards, horizontally, without stopping on the wall nor touching the bottom. If the testing lifeguard does not feel they are a strong swimmer, they will not pass the test.
- Tread water in the deep end for 1 minute. While treading, the swimmer must keep their ears above the surface of the water for the bulk of the test.

SEVERE WEATHER

In the event that lightning or thunder is present in our area, the Y requires immediate closure of all indoor and outdoor pools. Pools will remain closed until 30 minutes past the last visible lightning strike or sound of thunder.