



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOB SIERRA AQUATICS SCHEDULE

LAP POOL - EFFECTIVE 6/1/20 – 8/9/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30–8:00a	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Pool Opens at 7:30am Lap Swim (4) Open Exercise (2)	CLOSED
8:00–9:00a	Lap Swim (3) Aqua Fitness (3)	Lap Swim (3) Aqua Fitness (3)	Lap Swim (3) Aqua Fitness (3)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	CLOSED
9:00–10:00a	Lap Swim (3) Open Exercise (3)	Lap Swim (3) Open Exercise (2) Lessons (1)	Lap Swim (3) Open Exercise (3)	Lap Swim (3) Open Exercise (2) Lessons (1)	Lap Swim (3) Aqua Fitness (3)	Lap Swim (4) Aqua Zumba (2)	CLOSED
10:00–11:00a	Lap Swim (3) Aqua Fitness (3)	Lap Swim (3) Open Exercise (2) Lessons (1)	Lap Swim (3) Aqua Fitness (3)	Lap Swim (3) Open Exercise (2) Lessons (1)	Lap Swim (3) Aqua Fitness (3)	Lap Swim (4) Open Swim (2)	Pool Opens at 10:30am Lap Swim (3) Open Swim (2)
11:00–1:30p	Lap Swim (4) Open Exercise (2)	Lap Swim (3) Open Exercise (2) Lessons (1)	Lap Swim (4) Open Exercise (2)	Lap Swim (3) Open Exercise (2) Lessons (1)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (2) Lessons (1)
1:30–4:00p	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (2) Lessons (1)
4:00–5:30p	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	Lap Swim (4) Open Exercise (2)	CLOSED	CLOSED
5:30–8:00p	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	CLOSED	CLOSED

**Information listed in (#) is the number of lap lanes available for this activity.*



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POOL RULES

- All swimmers under the age of 14 should inquire about our safety swim test
- Swimmers unable to pass the safety swim test are considered non-swimmers
- Non-swimmers must stay in water below their armpit
- Non-swimmers must have an adult, 18 or older, providing direct supervision in the pool area at all times
- Only Coast Guard approved personal flotation devices (pfd's) allowed
- Diving is not permitted in Y pools
- Enter the water facing forward – no flips, twist or turns
- Running, rough play, and throwing swimmers in the air is prohibited.
- Breath holding activities are not permitted in Y pools
- Inflatable flotation devices of any kind are not permitted
- Appropriate swim attire must be worn at all times
- Obey the lifeguard at all times. Swimming without a lifeguard is not allowed.
- Any act defined unsafe by Y management will not be permitted

LAP POOL HOURS

Monday – Friday: 5:30am–8pm

Saturday: 7:30am–4:00pm

Sunday: 10:30am–4:00pm

LAP POOL INFORMATION

Ranges in depth 3'6" – 6'0" inches, 25 yards

Entry by stairs or ladder

Pool lift available upon request

YOUTH & FAMILY LAP POOL HOURS

Monday – Friday: 9:00am–7:30pm

Saturday: 7:30am–5:30pm

Sunday: 10:30am–4:30pm

YOUTH & FAMILY SPLASH POOL HOURS

Monday – Friday: 1pm–7pm

Saturday: 9:30am–5pm

Sunday: 11:30am–4pm

DESCRIPTIONS

Lap Swim: Lap lanes are for continuous lap swimming, including standard strokes and kicking.

Lap Swim Etiquette: For everyone's enjoyment, when arriving to a lap swim, please watch the swimmers already swimming in lanes and choose a lane that matches your ability. Lap lanes can accommodate multiple swimmers at once. Only enter and exit from the end of the lanes.

- Let the swimmers know you will be sharing the lane with them.
- 1 or 2 swimmers: each swimmer will swim on one side of the lap lane.
- 3 or more swimmers: please circle swim. Swimmers will swim counter clockwise up one side of the lane and back on the other side.

Open Exercise: A lane or lanes may be available for open exercise allowing swimmers to water walk, complete exercises using the pool wall etc.

Open Swim: Open swim is available for members and guest of all ages. During this time, pool space will be available for recreational swimming and activities.

- All swimmers under the age of 12, regardless of swimming ability must have an adult, 18 years or older, providing supervision in the pool area at all times.

Slides & Special Features (WiBit): Use of pool slides requires all swimmers under the age of 14 to successfully complete our safety swim test to receive a green band. Some slides may require an additional height requirement of 48 inches.

Swim Test: Participant must be able to jump into deep water and surface. Tread water with arms and legs for 1 minute, and then swim 25 yards on their front without stopping and exit the pool without assistance.

- Non-swimmers utilizing water deeper than their armpits, required to wear a PFD and have a supervising adult 18 years or older within arm's reach.
- Regardless of swimming ability, children under the age of 5 must have a supervising adult, 18 years or older within arm's reach at all time.

FOR MORE INFORMATION

Please contact: Nick Punturiero, Sr. Aquatics Director
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