



Jamerson Easley Family Pool

July 1st – July 31st 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Pool opens @ 5:30am Open Swim 5:30am-7am	Pool opens @ 5:30am	Pool opens @ 5:30am Open Swim 5:30am-7am	Pool opens @ 5:30am	Pool opens @ 5:30am Open Swim 5:30am-7am	Open Swim	YMCA Swim Lessons
7am – 8am Teresa's Group	Open Swim 5:30am – 8am	7am – 8am Teresa's Group	Open Swim 5:30am-8:00am	7am – 8am Teresa's Group	YMCA Camp	Water Fitness
Active Seniors 8am-9am	Active Seniors 8am-9am *Centra (See Below)	Active Seniors 8am-9am	Active Seniors 8am-9am *Centra (See Below)	Active Seniors 8am-9am	Pool Opens @ 7am Open Swim 7am-9am	WaterSlides Tumble Buckets
Arthritic H2O 9am-10am	Aqua Yoga 9am-10am *Centra (See Below)	Arthritic H2O 9am-10am	Aqua Yoga 9am-10am *Centra (See Below)	Arthritic H2O 9am-10am	YMCA Swim Lessons 9am-12pm	Pool Opens @ 12:00pm
MS TheraPOOLtic 10am-11am		MS TheraPOOLtic 10am-11am		Arthritic H2O 10:15-11:15	Open Swim 12pm-2pm	Open Swim 12pm-2pm
YMCA Swim Lessons 10am-12pm	YMCA Swim Lessons 10am-12pm *Centra (See Below)	YMCA Swim Lessons 10am-12pm	YMCA Swim Lessons 10am-12pm *Centra (See Below)	Tai Chi 11:15-12:15pm	Slides & Buckets 2pm-5pm	Slides & Buckets 2pm-5pm
Arthritic H2O 12pm-1pm	Aqua Groove 12pm-1pm *Centra (See Below)	Arthritic H2O 12pm-1pm	Aqua Groove 12pm-1pm *Centra (See Below)		Pool Closes @ 5:45pm	Pool Closes @ 5:45pm
YMCA Swim Camp 1pm-4pm	YMCA Swim Camp 1pm-4pm	YMCA Swim Camp 1pm-4pm *Centra (See Below)	YMCA Swim Camp 1pm-4pm	YMCA Swim Camp 1pm-4pm	<div>When the YMCA camp kids are here the water slides and buckets will be on. Members are welcome to join in on the fun.</div>	
YMCA Swim Lessons 4:30pm-8:30pm	YMCA Swim Lessons 4:30pm-8:30pm	YMCA Swim Lessons 4:30pm-8:30pm *Centra (See Below)	YMCA Swim Lessons 4:30pm-8:30pm	Open Swim 4pm-7:45pm		
	Aqua Groove 7:10pm-7:55pm		Aqua Groove 7:10pm-7:55pm	Pool Closes @ 7:45pm		
Open Swim 8:30pm-9:45pm Pool Closes @ 9:45pm	Open Swim 8:30pm-9:45pm Pool Closes @ 9:45pm	Open Swim 8:30pm-9:45pm Pool Closes @ 9:45pm	Open Swim 8:30pm-9:45pm Pool Closes @ 9:45pm		<div>*Schedule is subject to change.</div> <div>Contact Karlie Cofer 434.582.1900 x 235 karliecofer@ymcacva.org</div>	

*Centra Physical Therapy

Tuesday/Thursday: 8am-1pm

*Please note on Tuesday/Thursday Centra will utilize half of the Red Band Zone during the time listed above and will be unavailable to members. The Zero Entry will be available for Red Band swimmers.

Wednesday: 1pm-6pm

*Please note on Wednesdays Centra will utilize the far right corner next to the Zero Entry. We ask that our members are courteous to Centra patients during this time.

SWIM TEST POLICY

ATTENTION PARENTS/ GUARDIANS/ COUNSELORS: PLEASE ACTIVELY AND CLOSELY WATCH YOUR CHILD(REN). CHILDREN UNDER THE AGE OF 11 YEARS OLD MUST BE ACCOMPANIED BY AN ADULT. SWIM TESTS ARE REQUIRED FOR ALL CHILDREN.

GREEN BAND: THE SWIMMER MUST BE ABLE TO:

- **Demonstrate comfort in the water including but not limited to:**
 - **Overall Fitness:** The swimmer is physically able to perform the Swim Test with minimal exertion.
 - **Controlled Breathing:** The swimmer is not out of breath or does not demonstrate strain when performing the Swim Test.
- **Swim 12.5 yards to the GREEN CONE and return without touching the wall.**
 - Upon entry, the swimmer should be able to go from a vertical position (i.e. standing up) to a horizontal position (i.e. lying down).
 - Using a front crawl stroke with face in the water, the swimmer must rotate arms completely out of the water upon each stroke. The body should remain parallel to the surface when swimming.
- **Please note: 'Doggie Paddle' is not sufficient for a GREEN band.**

RED BAND: THE SWIMMER MUST BE ABLE TO...

- **Demonstrate comfort in the water including but not limited to:**
 - **Overall Fitness:** The swimmer is physically able to perform the Swim Test with minimal exertion.
 - **Controlled Breathing:** The swimmer is not out of breath or does not demonstrate strain when performing the Swim Test.
- **Swim 8.5 yards to the RED CONE and return, touching the wall only once.**
- **Using a front crawl or 'doggie paddle' stroke, the body should remain parallel to the surface when swimming.**

FREQUENTLY ASKED QUESTIONS:

Q: What if my child doesn't pass either Swim Test?

A: Swimmers that do not pass either swim test must:

- Have an adult with-in's arm's reach
- OR: be actively engaged in a swim lesson
- OR: be in the shallow portion of the pool wearing a USCG approved Life-Jacket/ PFD

Q: Can my child re-take the swim test?

A: Each swimmer is allowed one opportunity to pass the Swim Test per visit.

Q: Why does my child have to take the Swim Test each time we visit the pool?

A: Many variables including skill, overall health, and fatigue change from visit to visit. Taking a swim test upon each visit to the pool allows for the Lifeguard to assess the child's ability on that visit to keep your child safe.

Disclaimer: The lifeguard conducting the swim test will enforce this policy as she/he feels necessary to provide the safest environment for our patrons. Lifeguards may, at any time, ask for a demonstration of swimming ability if they feel there is a question of the child's safety.