



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EAST PASCO AQUATICS SCHEDULE

MAIN POOL - EFFECTIVE 6/1/20 – 8/9/20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00–6:00a	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00–7:30a	Lap Swim (4) Open Exercise (2)	CLOSED	Lap Swim (4) Open Exercise (2)	CLOSED	Lap Swim (4) Open Exercise (2)	CLOSED	CLOSED
7:30–9:00a	Lap Swim (1) Open Exercise (1) Swim Lessons (1) Swim Team (3)	Lap Swim (3) Open Exercise (2) Swim Lessons (1)	Lap Swim (1) Open Exercise (1) Swim Lessons (1) Swim Team (3)	Lap Swim (1) Open Exercise (1) Swim Lessons (1) Swim Team (3)	Lap Swim (3) Open Exercise (2) Swim Lessons (1)	Lap Swim (4) Open Swim (2)	CLOSED
9:00–11:30a	Lap Swim (1) Aqua Fitness (2) Swim Lessons (1) Camp Swim (2)	Lap Swim (2) Open Swim (2) Camp Swim (2)	Lap Swim (1) Swim Lessons (1) Open Swim (2) Camp Swim (2)	Lap Swim (2) Open Swim (2) Camp Swim (2)	Lap Swim (1) Aqua Fitness (2) Swim Lessons (1) Camp Swim (2)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	CLOSED
11:30a–1:30p	Lap Swim (2) Open Swim (2) Camp Swim (2)	Lap Swim (2) Open Swim (2) Camp Swim (2)	Lap Swim (2) Open Swim (2) Camp Swim (2)	Lap Swim (2) Open Swim (2) Camp Swim (2)	Lap Swim (2) Open Swim (2) Camp Swim (2)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (4) Open Swim (2) Pool Opens at 11am
1:30–4:00p	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)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
4:00–5:30p	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	CLOSED
5:30–7:30p	Lap Swim (4) Open Swim (2)	Lap Swim (1) Open Swim (2) Swim Team (2) Swim Lessons (1)	Lap Swim (4) Open Swim (2)	Lap Swim (1) Open Swim (2) Swim Team (2) Swim Lessons (1)	Lap Swim (1) Open Swim (2) Swim Team (2) Swim Lessons (1)	CLOSED	CLOSED
7:30–8:00p	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (2) Swim Lessons (1)	CLOSED	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: 6am–8pm

Tuesday: 7:30am–8pm

Wednesday: 6am–8pm

Thursday: 7:30am–8pm

Friday: 6am–7:30pm

Saturday: 8am–4pm

Sunday: 11am–4pm

LAP POOL INFORMATION

Ranges in depth 3'6" – 7'5" inches

Entry by stairs or ladder

Pool lift available upon request

FOR MORE INFORMATION

Please contact: Alex Delgado, Program Director
alex.delgado@tampaymca.org

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: 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 arm-pits, 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