



Athens-McMinn Family Pool October 31st– November 30th

Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Pool opens @ 5:50-8am	Pool opens @ 5:50-8am	Pool opens @ 5:50-8am	Pool opens @ 5:50-8am	Pool opens @ 5:50-8am		Pool Opens Sept 9th 1pm-4pm
AquaBeta 8am - 9am	AquaCise 8am - 9am	AquaBeta 8am - 9am	AquaCise 8am-9am	AquaBeta 8am - 9am		Open Lap Swim
WaterFitness 9am-10am	Open Swim 9am-10am	Water Fitness 9am-10am	Open Swim 9am-10am	Water Fitness 9am-10am	Pool Opens @ 8am	Y Swim
Lap Swim (3) Open Swim (3) 10am-4pm	Lap Swim (3) Open Swim (3) 10am-4pm	Lap Swim (3) Open Swim (3) 10am-4pm	Lap Swim (3) Open Swim (3) 10am-4pm	Lap Swim (3) Open Swim (3) 10am-4pm	Swim Team (4) 9am-11am	Water Fitness
Swim Lessons(2) 4pm-6:35pm	Swim Lessons (2) 4pm-6:35pm	Swim Lesson(2) 4pm-6:35pm	Swim Lessons (2) 4pm-6:35pm	After School (2) 4pm-4:45pm	Lap Swim (2) 9am-11am	After School
Swim Team (4) 4pm-6pm	Swim Team (4) 4pm-6pm	Swim Team (3) 4pm-6pm YCAP 4PM-5PM	Swim Team (4) 4pm-6pm	Swim Team(4) 4pm-6pm	Swim Lessons (3) 11:30am-1:40pm	Swim Team
Open Swim 6:00pm-8:45pm	Water Fitness 6:00pm-7:15pm	Open Swim 6:00pm-8:45pm	Water Fitness 6:00pm-7:15pm	Open Swim 6:00pm-845pm	Open Swim (3) 11:30am-1:40pm	
Pool Closes @ 8:45pm	Pool Closes @ 8:45pm	Pool Closes @ 8:45pm	Pool Closes 8:45pm	Pool Closes 8:45pm	Open Swim (6) 1:40pm-4:45pm	

***Schedule is subject to change**

Aquatics Age Guidelines

Children **0-5 years old** must have a parent/guardian in the water.

Children **6-10 years old** must have a parent/guardian in the pool area.

Children **11-12 years old** who pass the swim test may use the pools if a parent/guardian is physically on the YMCA premises.

Contact: Aquatics Director Hannah
Brickhouse

Or

Aquatcis Coordinator Peyton Harper
423.745.4904

joshgravette@ymcacva.org

Aqua Bata

Participants use water buoy's for resistance. Those wanting a more challenging work out can modify the work out in deep water. No swimming experience required.

Aquacise

Timed intervals of aquatic exercise using resistance bands, and or light dumbbells. No swimming experience required.

Water Fitness

Participants experience a variety of water exercises, including increased cardio, respiratory function, muscle strength, and over all endurance. Classes may be taught in deep or shallow water.



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.