Bear-Glasgow Family YMCA  
Updated SUMMER Indoor Lap/Open Swim Schedule  
Monday, June 10th through Saturday, August 24th 2019

Lap Swim

- Lap Swim lanes are provided for those swimmers who can swim the entire length of the pool without stopping.
- Lanes are not to be used for recreational swimming or for teaching others to swim; exception: YMCA Private Lessons
- For safety reasons we ask that parents refrain from bringing children who cannot comfortably swim the entire length of the pool into the lanes.
- Anyone needing floatation devices will not be permitted into the lap lanes.

**Please note that we will add a 3rd lap lane when instruction schedules allow.**

Thank you for your cooperation!

Monday through Friday:

6 lap lanes provided between 5:00am - 7:50am  
2 lap lanes provided between 8:00am - 10:00pm

Saturday

3 lap lanes provided between 6:00am – 8:45am  
2 lap lanes provided between 8:45am – 12:30pm (swim lessons)  
3 lap lanes provided between 12:30pm – 6:00pm

Sunday

3 lap lanes provided between 8:00am – 6:00pm

Family/Open Swim

For families and individuals looking for recreational swim times to enjoy. **Children who are non-swimmers that cannot stand flat footed with their chest out of the water, MUST be within arm’s reach of a responsible adult (age 18 & older) in the water. Child Must be in a Coast Guard Approved lifejacket/puddle jumper.**

**FAMILY/OPEN SWIM TIMES**

<table>
<thead>
<tr>
<th>Monday</th>
<th>2:00pm – 3:45pm</th>
<th>Thursday</th>
<th>2:00pm – 4:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:45pm - 10:00pm</td>
<td>Thursday</td>
<td>9:00pm - 10:00pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2:00pm – 4:00pm</td>
<td>Friday</td>
<td>2:00pm – 10:00pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7:45pm - 10:00pm</td>
<td>Saturday</td>
<td>1:00pm - 6:00pm – change (as of 6/22/19)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2:00pm – 3:45pm</td>
<td>Sunday</td>
<td>11:00am – 6:00pm – change (as of 6/22/19)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:00pm - 10:00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Water Temp 84-86 degrees

Revised 6/12/19
To ensure the safety of our members and guests, all children 14 years of age and younger must participate in a swimming skills assessment and will be provided with a colored wristband based on their swimming ability.

GREEN BAND Youth with a green wristband may swim in any designated open swim area and use any water slide or pool climbing wall.

YELLOW BAND Youth with a yellow wristband may only swim in a Yellow or Red designated open swim area without a parent/guardian in the water and must be 48 inches or taller to use a water slide. Youth may swim in a green swim area but must remain within arm’s reach of a parent/guardian at all times.

NON-SWIMMERS Those 14-years of age or younger not wearing a swim band will be considered a non-swimmer. Non-Swimmers must remain within arm’s reach of a parent/guardian at all times and must wear a coast guard approved life jacket when in water above “arm-pit” height. Infants who are held by a parent/guardian are not required to be in a life jacket.

TEST

- **Swim test:** 1. Swim one-length of pool without a flotation device 2. Tread water for 30 seconds without touching a side wall or bottom to rest 3. Jump into water that is over your head, return to the surface and then return to the wall

- Those who pass the swim test will receive a GREEN wristband.

- Those who complete all requirements of the swim test but can only swim ½ length of the pool will receive a YELLOW wristband.

- Those who choose not to take the swim test and those who do not pass will be identified as a non-swimmer.

MARK

Green Wristband (Passed Swim Test): Youth with a green wristband may swim in any designated open swim area and use any water slide or pool climbing wall.

Yellow Wristband: Youth with a yellow wristband may only swim in a Yellow or Red designated open swim area without a parent/guardian in the water and must be 48 inches or taller to use a water slide. Youth may swim in a green swim area but must remain within arm’s reach of a parent/guardian at all times.

No Wristband: Those 14-years of age or younger not wearing a swim band will be considered a non-swimmer. Non-Swimmers must remain within arm’s reach of a parent/guardian at all times and must wear a coast guard approved life jacket when in water above “arm-pit” height. Infants who are held by a parent/guardian are not required to be in a life jacket.

PROTECT

- **11 years of age or younger:** Parent/Guardian must be on the pool deck area while the child is in and around the pools.

- **12 to 14 years of age:** Parent/guardian is not required to be in the pool area but must be on Y property.

- In-water adult/guardians for Yellow band and Non-Swimmers must be 18 years of age or older. Those 17-years of age or younger are not permitted to be responsible for other individuals at the facility.

- One adult/guardian may only be responsible for up to 3 non-swimmers in the water.

- Life jackets are not permitted on any YMCA of Delaware water slide or pool climbing wall.

*Water slide and pool climbing walls not available at all locations.*

Revised 6/12/19