

YMCA Aquatics | Pool Schedule

YMCA of Cass and Clay Counties Fercho Branch, 400 1st Ave S, Fargo

January to Memorial Day 2017

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth	Lap Pool	Small Pool	Zero Depth
5am	Lap Swim	Open Swim		Lap Swim	Open Swim		Lap Swim	Open Swim		Lap Swim	Open Swim		Lap Swim	Open Swim		Facility Opens at 6am			Facility Opens at 6am		
6am	Lap Swim	Water Wake Up 6-7am		Water In Motion 6-7am 3 lanes	Lap Swim 3 lanes		Lap Swim	Water Wake Up 6-7am		Water In Motion 6-7am 3 lanes	Lap Swim 3 lanes		Lap Swim	Water Wake Up 6-7am		Lap Swim 6-9am	Open Swim		Open Swim 2 lanes	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
7am	Lap Swim	Open Swim					Lap Swim	Open Swim					Lap Swim	Open Swim					Open Swim 2 lanes	Intro To Lap Swim 11am (1 lane)	Open Swim 6am-7:30pm
8am	Water In Motion 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		DW Tabata 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		Water In Motion 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		DW Tabata 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		WIM 8-9am 4 Lanes	Lap Swim 2 lanes			Hydro Training 8-9am		Open Swim 2 lanes	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
9am																Swim Lessons 9am-12pm	Lap Swim 2 lanes		Swim Lessons 9am-12pm	Open Swim 6am-7:30pm	Open Swim 6am-7:30pm
10am	Lap Swim	Swim Lessons 9:30-11am		Lap Swim 6 lanes	Open Swim 9-11:30am		Lap Swim 6 lanes	Swim Lessons 9:30-11am		Lap Swim 6 lanes	Open Swim 9-11:30am		Lap Swim 6 lanes	Open Swim 9-11:30am					Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
11am	6 lanes (Intro To Lap Swim at noon - 1 lane)	Open														Open Water Polo (ages 15+) 12-1:30pm entire deep end of pool			Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
noon		Aqua Lite 11:30-12:30			Silver Splash 11:30-12:30														Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
1pm		Hydro Training 12:45-1:45			Adult/Adaptive Swim 12:30-2pm														Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
2pm	Open Swim 1-5pm 2 lanes	Lap Swim 4 lanes	Open Swim 5am-10:30pm	Open Swim 1-4pm 2 lanes	Lap Swim 4 lanes	Open Swim 5am-10:30pm	Open Swim 1-4pm 2 lanes	Lap Swim 4 lanes	Open Swim 5am-10:30pm	Open Swim 1-4pm 2 lanes	Lap Swim 4 lanes	Open Swim 5am-10:30pm	Open Swim 9am-6pm 2 lanes	Lap Swim 4 lanes	Open Swim 5am-10:30pm				Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
3pm					ELC Swim														Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
4pm				Swim Lessons 4-6pm	Lap Swim 2 lanes		Swim Lessons 4-6pm	Lap Swim 2 lanes		Swim Lessons 4-6pm	Lap Swim 2 lanes		Swim Lessons 4-6pm	Lap Swim 2 lanes					Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
5pm	Swim Lessons 5-7:30pm	Lap Swim 2 lanes					Swim Lessons 5-7:30pm	Lap Swim 2 lanes		Swim Lessons 5-7:30pm	Lap Swim 2 lanes		Swim Lessons 5-7:30pm	Lap Swim 2 lanes					Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
6pm		Hydro Training 6:30-7:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 5-7:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 5-7:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 5-7:30pm		Gator Swim Team 6-8:30pm	Swim Lessons 5-7:30pm					Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
7pm																			Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
8pm	Open Swim 7:30-10:30pm 2 lanes	Lap Swim 7:30-10:30pm 4 lanes	Open Swim 7:30-10:30pm	Open Swim 8:30-10:30pm 2 lanes	Lap Swim 4 lanes 8:30-10:30pm	Open Swim 7:30-10:30pm	Open Swim 7:30-10:30pm 2 lanes	Deep Water 7:30-8:30pm 2 lanes	Open Swim 7:30-10:30pm	Open Swim 7:30-10:30pm 2 lanes	Deep Water 7:30-8:30pm 2 lanes	Open Swim 7:30-10:30pm	Open Swim 8:30-10:30pm 2 lanes	Lap Swim 4 lanes 8:30-10:30pm	Open Swim 7:30-10:30pm				Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
9pm																			Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
10pm																			Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm
11pm																			Open Swim 6am-7:30pm	Lap Swim 6am-1pm 4 lanes	Open Swim 6am-7:30pm

If you are interested in learning how to swim laps, join us for the Intro to Lap Swim for free! Mondays at noon and Sundays at 11am

Family Fun Time on Sundays is a time when every area at the Y is open and staffed for families to use the facility together. Get more information at the front desk.

Open Water Polo is a time on Saturdays when adults can play water polo in the deep end of our lap pool. Y staff will be there to teach skills and run games.

Must be 15 years or older to participate in Open Water Polo times.

Participants must be 8 years of age to attend Open Swim without adult supervision. Children 7 and under must be supervised by a guardian at all times.

Swim Test Policy: During Open Swim, in order to swim in the deep end of the lap pool without a Coast Guard approved lifjacket, swimmers must show the lifeguard they can swim 25 yards independently.

Participants must be 15 years of age to participate in a Water Exercise class. To find descriptions of each Water Exercise class, go to ymcassclay.org/schedules

Basic Pool Rules

- 1 Please shower before entering pool area in order to keep our pools clean.
- 2 Swimsuits must be worn. No regular clothing allowed in the pools.
- 3 All diaper aged children must wear a waterproof swim diaper while in the pool area.
- 4 No oversized flotation devices allowed in the pools. No flotation device may be used as a replacement for a Coast Guard approved lifejacket.
- 5 No underwater breath holding for long distance swims or as a game.
- 6 No food, gum or drink except water in the pool area. No glass of any kind permitted in pool area.
- 7 Please walk, no running on deck.
- 8 No dangerous or rough play in pool area.
- 9 Diving only permitted in 10 ft area.
- 10 No flips, back dives or other dangerous water entries.
- 11 Exercise and training equipment are not available for play. This equipment is for exercise use only.

Lap Swim Rules

- 1 Swimmers must be 15 years of age or older for lap swim or have a lifeguard's approval.
- 2 Circle swim counter clockwise keeping to the right side of lane when 3 or more lap swimmers.
- 3 Water walking in laps is allowed as long as the lane can be shared with a participant swimming laps.
- 4 Whenever possible, please choose a lap lane with swimmers of similar speed.

Climbing Wall Rules

- 1 All climbers must have passed the swim test in order to climb.
- 2 No lifejackets or other flotation devices allowed on climbing wall.
- 3 Feet first entry into drop zone required.
- 4 After dropping into water, swimmers must exit the drop zone immediately.
- 5 Drop zone must be clear before a swimmer starts climbing.