

# YMCA Aquatics | Pool Schedule

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

Monday, June 5th through Sunday, September 3rd

	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		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			5am
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		Facility Opens at 6am			Facility Opens at 6am			6am
7am		Open Swim						Open Swim						Open Swim		Facility Opens at 6am			Facility Opens at 6am			7am
8am		Hydro Training 8-9am		DW Tabata 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		Hydro Training 8-9am			DW Tabata 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		Hydro Training 8-9am		Water In Motion 8-9am 4 Lanes	Lap Swim 2 lanes		Lap Swim	Hydro Training 8-9am			8am
9am	Water In Motion 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		Swim Lessons 9:30-11:30am 4 Lanes	Open Swim		Water In Motion 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		Swim Lessons 9:30-11:30am 4 Lanes	Open Swim		Water In Motion 8:30-9:30am 4 Lanes	Lap Swim 2 lanes		Open Swim 9-11:30am			Open Swim 9-11:30am			9am
10am	Swim Lessons 9:30-11:30am 4 Lanes	Open Swim		Swim Lessons 9:30-11:30am 4 Lanes	Open Swim		Swim Lessons 9:30-11:30am 4 Lanes	Open Swim		Swim Lessons 9:30-11:30am 4 Lanes	Open Swim		Swim Lessons 9:30-11:30am 4 Lanes	Open Swim								10am
11am		Aqua Lite 11:30-12:30		Silver Splash 11:30-12:30	Adaptive Swim 12:30-2pm					Aqua Lite 11:30-12:30	Adaptive Swim 12:30-2pm											11am
noon	Open Swim 11:30-2pm 2 lanes	Lap Swim 4 lanes (Intro to Lap Swim 12-1pm)		Open Swim 11:30-2pm 2 lanes	Lap Swim 4 lanes		Open Swim 11:30-2pm 2 lanes	Lap Swim 4 lanes		Open Swim 11:30-2pm 2 lanes	Lap Swim 4 lanes		Open Swim 11:30-2pm 2 lanes	Lap Swim 4 lanes								noon
1pm		Open Swim		Open Swim 5am-10:30pm			Open Swim 5am-10:30pm			Open Swim 5am-10:30pm			Open Swim 5am-10:30pm									1pm
2pm																						2pm
3pm	Swim Lessons 2-7pm 4 lanes	Lap Swim 2 lanes		Swim Lessons 2-6:30pm 4 lanes	Lap Swim 2 lanes		Swim Lessons 2-6pm 4 lanes	Lap Swim 2 lanes		Swim Lessons 2-6pm 4 lanes	Lap Swim 2 lanes		Swim Lessons 2-6pm 4 lanes	Lap Swim 2 lanes		Open Swim 9am-10:30pm 2 lanes	Lap Swim 4 lanes		Open Swim 9am-10:30pm 2 lanes	Lap Swim 4 lanes		3pm
4pm																						4pm
5pm																						5pm
6pm																						6pm
7pm																						7pm
8pm	Open Swim 7-10:30pm 2 lanes	Lap Swim 7-10:30pm 4 lanes		Open Swim 7-10:30pm 2 lanes	Lap Swim 4 lanes		Open Swim 7-10:30pm 2 lanes	Lap Swim 4 lanes		Open Swim 7-10:30pm 2 lanes	Lap Swim 4 lanes		Open Swim 7-10:30pm 2 lanes	Lap Swim 4 lanes								8pm
9pm																						9pm
10pm																						10pm
11pm																						11pm

If you are interested in learning how to swim laps, join us for the Intro to Lap Swim for free Mondays at noon.

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.

To find descriptions of each Water Exercise class, go to [ymcassclay.org/schedules](http://ymcassclay.org/schedules)

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](http://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.

### 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.