



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MAKE A SPLASH



## GRAND RIVER AREA FAMILY YMCA Pool Schedule Beginning October 2023

The Aquatic Center (pool, hot tub, and sauna) will be closed Monday - Friday from 12:00 - 2:30 pm.

### Open Swim (1 lap lane open)

Monday & Wednesday	2:30 pm - 8:00 pm
Tuesday & Thursday	2:30 pm - 8:00 pm
Friday	2:30 pm - 7:00 pm
Saturday	11:00 am - 5:00 pm
Sunday	1:00 pm - 4:30 pm

### Lap Swim (lap swimming & exercise only)

Monday & Wednesday	6:00 am - 9:30 am 10:30 am - 12:00 pm
Tuesday & Thursday	6:00 am - 12:00 pm
Friday	6:00 am - 9:30 am 10:30 am - 12:00 pm
Saturday	7:00 am - 11:00 am

### Water Volleyball

Tuesday & Thursday	8:30 am - 10:00 am
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### Aqua Classes

**Aqua Yoga**      **M**      **10:30 am - 11:00 am**

Join Jackie for a low-impact full body workout performing yoga poses in the pool to help improve your strength, balance, and range of motion.

**Adv. Aerobics**      **M/W/F**      **9:30 am - 10:30 am**

Linda and Vanessa offer a total body workout with weights, water noodles, water dumbbells. Start your day with this fun high-energy workout!

**Aquatics cards are  
\$40 for Members and \$80 for  
Program Participants. Cards are  
good for 24 classes and expire in 6  
months from the purchase date.**

**Although members may use the hot tub and sauna during Advanced Aqua Aerobics, the pool is open only to those participating in the class. To join Advanced Aqua Aerobics, please purchase an aquatics card at the Welcome Center.**

# GRAND RIVER AREA FAMILY YMCA

## Pool Schedule – beginning October 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 9:30 am	Lap Swim		Lap Swim		Lap Swim	
9:30 – 10:30	<b>Pool Closed</b> Advanced Aqua Aerobics, Sauna, and Hot Tub Only	<b>Lap Swim</b> 6:00 – NOON — <b>Volleyball</b> 8:30 – 10:00 (1 Lap Lane and Deep End Open)	<b>Pool Closed</b> Advanced Aqua Aerobics, Sauna, and Hot Tub Only	<b>Lap Swim</b> 6:00 – NOON — <b>Volleyball</b> 8:30 – 10:00 (1 Lap Lane and Deep End Open)	<b>Pool Closed</b> Advanced Aqua Aerobics, Sauna, and Hot Tub Only	<b>Lap Swim</b> 7:00 am – 11:00 am  <b>Swim Lessons</b> 8:00 am – 12:30 pm
10:30 – Noon	Lap Swim  <b>Aqua Yoga</b> 10:30 – 11:00		Lap Swim		Lap Swim	<b>Open Swim (1 Lap Lane)</b> 11:00 am – 5:00 pm
12:00 – 2:30 pm	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Sunday</b>
2:30 – 8:00	<b>Open Swim</b> 2:30 – 8:00 (1 Lap Lane)	<b>Open Swim</b> 2:30 – 8:00 (1 Lap Lane)	<b>Open Swim</b> 2:30 – 8:00 (1 Lap Lane)	<b>Open Swim</b> 2:30 – 8:00 (1 Lap Lane)	<b>Open Swim</b> 2:30 – 7:00 (1 Lap Lane)	<b>Open Swim (1 Lap Lane)</b> 1:00 – 4:30 pm

To receive txt alerts concerning pool schedule reminders, changes, and updates, please txt **@grypool2** to **81010**.

**Multiple activities are often scheduled in the pool at the same time. Please RESPECT everyone's scheduled programs.**

# DEDICATED TO KEEPING YOUR SWIMMER SAFE



Safety first! The pool is a great place to have fun and exercise, but the most important thing at the Y is your family's safety. Helping you enjoy the water safely is our highest priority. To assure that every child is comfortable and confident in the pool, all children under the age of 15 wishing to use the deep (West) end of the pool, must pass a swim test and wear a swimming bracelet at all times. YMCA lifeguards and/or staff members will administer swim tests and award swim bracelets to those children who are able to complete the test successfully.

Children under the age of 8 (0-7 years) must have a responsible adult in the water within arm's length at all times. Children able to pass the swim test, may enter the deep end of the pool with their swimming bracelet. They, however, must still be within arm's length of their responsible adult.

Children between the ages of 0 and 14 who are unable or unwilling to complete the swim test, must remain in the shallow (East) end of the pool. Children in the shallow end of the pool, may wear a Coast Guard Approved Personal Flotation Device. These items are not provided by the YMCA.

Children between the ages of 8 and 14 who are able to demonstrate to a YMCA lifeguard or staff member that they are comfortable in the pool by successfully completing the swim test, will be given a swimming bracelet. These swimmers may use the entire pool, and are not required to have an adult in the pool.

## Other Important Pool Rules:

- A cleansing shower is required before entering the pool.
- Children under the age of 18 are not allowed in the hot tub or sauna.
- Use of the hot tub and sauna is limited to no more than 10 minutes. A five minute break is required before reentry. Please shower before entering the pool from the sauna.
- Please obey the lifeguards on duty. They are here to maintain a safe aquatic environment for everyone.
- Food and drink, running, diving, yelling, **cursing**, public displays of affection, and rough play are not allowed in the pool area.