



CHARLESTON FAMILY YMCA

MAY 2024

100 YMCA Drive
Charleston, WV
25311

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool Open @ 5 AM Lap Swim	Pool Open @ 5 AM Lap Swim	Pool Open @ 5 AM Lap Swim	Pool Open @ 5 AM Lap Swim	Pool Open @ 5 AM Lap Swim	Pool Opens @ 8:00 AM Lap/Open	Pool Opens @ 10:00 AM Lap/Open Swim
Aqua Aerobics 10:00—11:00 am	Aqua Aerobics 9:00—10:00 am	Aqua Aerobics 10:00—11:00 am	Aqua Aerobics 9:00—10:00 am	Aqua Aerobics 10:00—11:00 am	KRAKEN 8:15-11:30 AM 3 lanes open for lap swim.	
KRAKEN SWIM TEAM 3:00-4:00 PM 3 lanes open for lap swim.					Swim Lessons 10 am—12:30 pm	
KRAKEN SWIM TEAM 4:00-5:20 PM <u>NO</u> lanes open for lap swim.				KRAKEN 4:00-5:00 PM 3 lanes open for lap swim.	LAP SWIM & OPEN SWIM 12:30-4:45 PM	
KRAKEN SWIM TEAM 5:20-7:45 PM 2 lanes open for lap swim.				KRAKEN 5:00-6:30 PM 2-3 lanes open for lap swim.	Special Olympics 3:30—4:30 pm	
			Swim Lessons 5:30—8:00 pm	LAP SWIM & OPEN SWIM 6:30-7:45 PM		Lifeguard Classes continue.
LAP SWIM & OPEN SWIM 8:00-9:45 PM						
CLOSED MAY 27						

YMCA HOURS
M-Th 5:00 am—10:00 pm
Fri. 5:00 am—8:00 pm
Sat-Sun. 8:00 am—5:00 pm

LAP SWIM: Designated for lap swimming only. Sharing lanes encouraged.

OPEN SWIM: Any water activities.

- Children 13 and under are restricted from using whirlpool.
- In the event of lightning or thunder, whirlpool & pool will clear.
- Service animals are not permitted inside the pool/whirlpool.
- Please take a cleansing bath prior to entering pool or whirlpool.

WELCOME TO THE CHARLESTON FAMILY Y



OBEY
THE LIFEGUARD
AT ALL TIMES

Swimming permitted only
when a guard is on duty.



**CHILDREN
12 & UNDER**

MUST HAVE A GUARDIAN
IN POOL UNLESS PASSING
A SWIM TEST

Passed your swim test?

9 & UNDER MUST HAVE A GUARDIAN
ON POOL DECK
10-12 MUST HAVE A GUARDIAN
IN BUILDING



**ALWAYS
SHOWER**

BEFORE ENTERING
POOL OR WHIRLPOOL

ABSOLUTELY NO

- RUNNING
- FIGHTING
- SHOVING
- PROFANITY
- CELL PHONE USE
- HORSEPLAY
- THROWING OBJECTS
- GUM
- INFLATABLES
- FLIP OR SPIN ENTRIES
- BREATH HOLDING ACTIVITIES
- HANGING ON LANE LINES
- PERSONS UNDER 13 IN WHIRLPOOL
- MISUSE OF EQUIPMENT



- NO DIVING -



THE CHARLESTON FAMILY YMCA RESERVES THE RIGHT TO
MODIFY THE RULES AS NECESSARY. VIOLATION OF RULES
MAY RESULT IN LOSS OF POOL AND/OR FACILITY PRIVILEGES



INFANTS

MUST WEAR APPROPRIATE
SWIM DIAPER



**APPROPRIATE
SWIM ATTIRE
REQUIRED**



**PLEASE LIMIT
LAP SWIMMING
TO 30 MINUTES WHEN
OTHERS ARE WAITING**

**LANE SHARING
IS ENCOURAGED**

**POOL
CLOSURES**

We may limit pool
use based on
proximity
of thunder
and
lighting,
or for
other
circumstances
deemed unsafe by
aquatics staff.



**ONLY
COAST-GUARD
APPROVED
FLOATATION DEVICES
ALLOWED**



CHILDREN

WEARING A PFD
MUST HAVE A GUARDIAN
WITHIN ARM'S REACH

**NO FOOD,
DRINK OR
GLASS**
EXCLUDING WATER



BE SAFE

JUMP IN

HAVE FUN