



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ARMBRUST FAMILY YMCA: Fall Pool Schedule August 12-October 26, 2019

### Lap Lane Availability

Lap Lane Availability						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-8:30am (3 lanes)	5:30am-8:00am (3 lanes)	5:30am-8:00am (3 Lanes)	5:30am-8:00am (3 lanes)			8am-12:30pm (3 lanes)
8:30am-10:10am (1 Lane)	8:00am-10:00am (1 lane)	8:00am-9:55am (1 Lane)	8:00am-10:00am (1 lane)	5:30am-8:30am (3 lanes)		12:30pm-3:30pm (1 lane)
10:10am-5:00pm (3 Lanes)	10:00am-5:00pm (3 Lanes)	9:55am-5:00pm (3 Lanes)	10:00am-5:00pm (3 Lanes)	8:30am-10:10am (1 lane)	7:00am-8:00am (3 lanes)	3:30pm-6:00pm (3 lanes)
5:00pm-7:45pm (0 Lanes)	5:00pm-6:00pm (0 Lanes)	5:00pm-6:00pm (0 lanes)	5:00pm-6:45pm (0 Lanes)	10:10am-6:00pm (3 Lanes)	8:00am-12:00pm (1 lane)	
7:45pm-8:30pm (1 Lane)	6:00pm-8:10pm (1 lane)	6:00pm-6:45pm (1 Lane)	6:45pm-8:30pm (1 lane)	6:00pm-6:45pm (1 Lane)	12:00pm-6:00pm (3 Lanes)	
8:30pm-9:00pm (3 Lanes)	8:10pm-9:00pm (3 Lanes)	6:45pm-8:30pm (1 Lane)	8:30pm-9:00pm (3 Lanes)	6:45pm-9:00pm (3 Lanes)		
		8:30pm-9:00pm (3 Lanes)				

### Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-6pm 7:30pm-9pm	5:30am-6pm 7:45pm-9pm	5:30am-9pm	5:30am-6pm 7:45pm-9pm	5:30am-9pm	7:00am-8:55am 12:00pm-6pm	8:00am-12pm 3:30pm-6pm

**Armbrust Family YMCA**

5404 S. 168<sup>th</sup> St. Omaha, NE 68135 | 402-896-4200 | metroymca.org



## Water Feature Closed

Monday-Thursday 8am-10am and 5pm-6pm  
Saturday 8am-9am

### Lap Swim Etiquette

If there are 1 or 2 swimmers in a lane, they must elect to split the lane in half. However, the entrance of a third person changes the lane to a "circle swimming" format.

### SAFE POOLS HAVE RULES!

#### Armbrust Family YMCA Pool Rules

1. No Swimming without Lifeguard Supervision.
2. Breath-holding activities are not permitted in Y pools.
3. Shower before entering the pool.
4. Persons with bandages, open cuts and wounds are not allowed in the pool.
5. No running or pushing on the pool deck. No intentional splashing or dunking in the pool.
6. No glass of any kind is allowed in pool. No food or drinks on pool deck.
7. No abusive or foul language.
8. Hanging on the lane lines, ladders, and deep ropes is not permitted.
9. The island is for lifeguards only.
10. Respect the lifeguards, they are here for your safety.
11. In case of emergency or drill clear the water immediately.
12. Anyone not abiding by these rules may be asked to leave the premises.

### Swim Test Policy

The YMCA of Greater Omaha is committed keeping our community safe in and around water. All swimmers 18 and under must pass the deep water test before using the slide or swimming in the lap lanes. Swim tests will only be conducted during rest breaks at ten until the hour. Once a swim test has been completed, the swimmers age, name and date will be logged for the facility. All swimmers MUST be at-least four feet tall to go down the slide, according to manufacturer's regulations.

- **Green Band:** Swims 25 yards with face in the water without touching the bottom or walls/lanes of the pool. Jump into deep water independently to tread water for one minute, and return to the nearest side of the pool with no signs of exhaustion.

### Rules for Minors

- All children 16 years and younger must take the swim test, including after school groups, camps, birthday parties and other pool rentals.
- **Children under the age of 8 must be accompanied by an adult in the water, within arm's reach. If they are able to pass a swim test, an adult must be present in the pool area.**

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