



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ARMBRUST YMCA POOL AND GYM SCHEDULE February 16–March 28

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)	5:30am-8:30am (3 lanes)	7:00am-8:00am (3 lanes)	8:00am-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)	8:30am-10:10am (1 lane)	8:00am-8:45am (1 lane)	12:30pm-3:25pm (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)	10:10am-6:00pm (3 Lanes)	8:45am-10:30am (1 Lane)	3:25pm-6:00pm (3 Lanes)
5:00pm-7:45pm (0 Lanes)	5:00pm-8:00pm (0 Lanes)	5:00pm-6:00pm (0 lanes)	5:00pm-8:00pm (0 Lanes)	6:00pm-6:45pm (1 Lane)	10:30am-11:10am (0 Lanes)	
7:45pm-8:30pm (1 Lane)	8:00pm-8:25pm (1 Lane)	6:00pm-8:30pm (1 Lane)	8:00pm-8:25pm (1 Lane)	6:45pm-9:00pm (3 Lanes)	11:10am-12:00pm (1 Lane)	
8:30pm-9:00pm (3 Lanes)	8:25pm-9:00pm (3 Lanes)	8:30pm-9:00pm (3 Lanes)	8:25pm-9:00pm (3 Lanes)		12:00pm-6:00pm (3 Lanes)	
Open Swim						
5:30am-5:30pm 7:45pm-9:00pm	5:30am-5:30pm 7:45pm-9:00pm	5:30am-9pm	5:30am-5:30pm 7:45pm-9:00pm	5:30am-9pm	7:00am-9:00am 12:00pm-6:00pm	8:00am-12:30pm 3:30pm-6:00pm

Gym						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-9pm Open Gym	5:30am-9pm Open Gym	5:00 -8:45 am Open Gym	5:30am-9pm Open Gym	5:00 -9:45 am Open Gym	7:00 -7:30 am Open Gym	8:00 -9:45 am Open Gym
		8:45 -10:15 am GYM CLOSED		9:45 - 10:45 am 1/2 Gym Closed	7:30 -8:35 am GYM CLOSED	9:45 -3:30 pm GYM CLOSED
		10:15 - 9:45 pm Open Gym		10:45 - 9:45 pm Open Gym	8:35 -6:45 pm Open Gym	2:30 -6:45 pm Open Gym

SAFE POOLS HAVE RULES!

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.

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 14 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 using front stroke 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 14 years and younger must take the swim test, including after school groups, camps, birthday parties and other pool rentals.
- Children five years old and younger must be accompanied in the water and kept within arm's reach at all times. Children six and seven years old must be accompanied in the pool area by a responsible individual that is 16 years old or older at all times. If they are able to pass a swim test, an adult must be present in the pool area.

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ARMBRUST YMCA GYM RULES

1. No food or drink allowed in the gym.
2. Full court basketball is not permitted during open gym times.
3. Gym bags and other personal belongings are not to be brought into the gym. Please secure your personal belongings in a locker while at the Y.
4. Children under age 8 must be accompanied and supervised by an adult.
5. No dunking or grabbing on the rims or nets at any time.
6. Proper athletic attire and non-marking athletic shoes must be worn at all times.
7. Please return all basketballs to the ball rack when finished playing.
8. No kicking or inappropriate use of the equipment or balls, and keep balls away from the ceiling, lights, and walls.
9. Be respectful of others by refraining from the use of profanity, fighting, excessive yelling, unnecessary aggressiveness, and un-sportsman like conduct.
10. All competitors, of any age or skill level, are allowed an equal opportunity for gym use and to become involved in any activities taking place during Open Gym times.
11. The Y is not responsible for personal injury, or for lost, damaged or stolen items.
12. Report all injuries to a staff member on duty.
13. The Y reserves the right to ask anyone not adhering to the posted rules to leave the premises.

The Y reserves the right to adjust the Pool and Gym schedule at any time to meet program needs.