



ROCHESTER AREA FAMILY Y

709 1st Ave SW Rochester MN 55902 (507) 287-2260 www.rochfamy.org

JANUARY 1 - MAY 31, 2010

Water Park Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Swim 11:00am - 4:30 pm	Open Swim 6:00am-11:30am 1:30pm-3:45pm 6:30pm - 8:30pm	Open Swim 6:00am-11:30am 1:30pm-8:30pm	Open Swim 6:00am-11:30am 1:30pm-8:30pm	Open Swim 6:00am-11:30am 1:30pm-3:45pm 6:30pm - 8:30pm	Open Swim 6:00 am-11:30 am 1:30pm-8:30pm	Open Swim 7:30am-8:30am 10:45am-7:45 pm
Water Slide Open 12:00 pm - 4:30pm	Water Slide Open 6:30pm-8:30pm	Water Slide Open 6:30pm-8:30pm	Water Slide Open 6:30pm-8:30pm	Water Slide Open 6:30pm-8:30pm	Water Slide Open 6:15pm-8:30pm	Water Slide Open 12:00pm-7:30pm
Swim Lessons 4:30pm - 6:00pm No Open Swim	Swim Lessons 9:00am - 10:30am Open swim	Swim Lessons 9:00am - 10:00am Open Swim		Swim Lessons 9:00am - 10:30am Open Swim 4:00pm - 6:30pm No Open Swim		Swim Lessons 8:30am - 11:15am No Open Swim
	Water Fitness 10:15am-11:00am	Water Fitness 9:15am—10:10am			<div style="border: 1px dashed black; padding: 5px;"> After the completion of swim lessons on May 22 all swim lesson time blocks will be available for open swim </div>	
	Swim Lessons 4:00pm-6:00pm No Open Swim					

Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 11:00am - 1:00pm	Lap Swim 5:00am - 9:00am	Lap Swim 5:00am - 9:00am	Lap Swim 5:00am - 9:00am	Lap Swim 5:00am - 9:00am	Lap Swim 5:00am - 9:00am	Lap Swim 7:30am - 8:30am
Open Swim 1:00pm - 4:30pm 2 lap lanes available	Water Fitness 9:15am - 10:10am 2 lanes available	Swim Lessons 9:15am-10:00am 2 lanes available	Water Fitness 9:15am - 10:10am 2 lanes available	Water Fitness 9:15am - 10:10am 2 lanes available	Water Fitness 9:15am - 10:10am 2 lanes available	Water Fitness 8:30am - 9:25am 2 lanes available
Swim Lessons 4:30pm - 6:00pm 1 lane available	Open Swim 10:10am - 11:30am 2 lanes available	Open Swim 9:00am - 11:30am 2 lanes available	Water Fitness 10:15am-11:00am 2 lanes available	Open Swim 10:15am - 11:30am 2 lanes available	Open Swim 10:00am - 11:30am 2 lanes available	Swim Lessons 9:30am - 11:45am 1 lane available
	Lap Swim 11:30am - 1:30pm	Lap Swim 11:30am - 1:30pm	Lap Swim 11:30am - 1:30pm	Lap Swim 11:30am - 1:30pm	Lap Swim 11:30am - 1:30pm	Lap Swim 11:45am - 1:00pm
	Open Swim 1:30pm - 4:00pm 2 lanes available	Open Swim 1:30pm - 6:30pm 2 lanes available	Open Swim 1:30pm - 6:30pm 2 lanes available	Open Swim 1:30pm - 4:00pm 2 lanes available	Open Swim 1:30pm - 8:45pm 2 lanes available	Open Swim 1:00pm - 7:45pm 2 lanes available
	Swim Lessons 4:00pm - 6:30pm 1 lane available	Water Fitness 6:30pm - 7:15pm 2 lanes available	Water Fitness 6:30pm - 7:15pm 2 lanes available	Swim Lessons 4:00pm - 6:30pm 1 lane available	<div style="border: 1px dashed black; padding: 5px;"> <p style="text-align: center;">No School Days</p> <p>On No School Days for Rochester Public Schools—the Water Park will remain open from 11:30 am—1:30 pm and the water slide will open at 1:00pm</p> <p>January 18 January 29 February 15</p> </div>	
	Open Swim 6:30pm - 9:00pm 2 lanes available	Open Swim 7:30pm - 9:00pm 2 lanes available	Open Swim 7:30pm - 9:00pm 2 lanes available	Open Swim 6:30pm - 9:00pm 2 lanes available		
	Lap Swim 9:00pm - 9:30pm	Lap Swim 9:00pm - 9:30pm	Lap Swim 9:00pm - 9:30pm	Lap Swim 9:00pm - 9:30pm		

Quick Rules

- Each person **MUST** thoroughly **shower** before entering the pools or whirlpool.
- Children **under 10 years of age** must be **supervised** at all times in the pool area.
- Children **aged 6 and under** must have an **adult in the water** swimming within an arms reach of the child.
- You **must be 18 years of age or older** to be in the **whirlpool** (this includes any part of the body). Please limit your time use for health reasons.
- **No glass products or food** of any kind in the pool area.
- Adult Water Walking in the current channel available during all Swim Lesson times. There is no open swim during lesson times.

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Spring Break

March 26—April 4

- There are **no swim lessons**
- Slide will open everyday at 1:00 pm.

GENERAL POOL INFORMATION

Lap Pool:

- 3 - 10 feet deep
- Approximately 83°
- 5 lanes/25 yards long
- 72 lengths (36 laps) = 1 mile

Water Park:

- 0 - 3 1/2 feet deep
- Approximately 86°

Whirlpool:

- 3 feet deep
- Approximately 103°

DRESS CODE

Males: *Swim trunks or Speedo-type briefs only.* NO cut-offs, shorts with zippers, bicycle shorts. NO exposed underwear, street clothes, or shorts that go beyond the TOP of the knee.

Females: *Swim suits must be worn in the pool at all times.* Tight-fitting cotton or lycra shirts, shorts, or pants may be worn over a swimsuit as needed. NO exposed underwear, bras-including sports bras, or street clothes allowed.

Children & Infants: Infants must wear swim suit bottoms with swim diaper. NO diapers or underwear are allowed. Rubber pants over swim suit bottoms is recommended. Children who are not potty trained are required to wear swim diapers with plastic pants over the diaper. These pants must have elastic around the waist and legs.

SAFETY

LAP POOL/WATER PARK

- Obey the lifeguards on duty
- Swimmers age 6 & under must be accompanied by an adult
- Shower before entering either pool
- No water wings or inflatable devices (lifejackets and noodles are permitted)
- Walk while on the pool deck
- Abstain from rough play, throwing others, piggyback rides and riding on shoulders
- Jump or dive straight in. Diving is only permitted in the deep end of the lap pool
- All personal toys, fins, and masks are allowed at lifeguard discretion
- Use kickboards only for lap swimming

WHIRLPOOL

When using the whirlpool, please be aware of the following health guidelines:

- People suffering from heart disease, diabetes, or high blood pressure or women who are pregnant should not use the whirlpool.
- Lengthy exposure may be hazardous to your health and may result in nausea, dizziness, or fainting.
- Please limit your time in the whirlpool to 10 minutes.
- Please refrain from submerging past your shoulders.
- Adults may use the whirlpool anytime the lap pool is in operation.
- No one under the age of 18 is allowed in the whirlpool