

June 1- Sept 1, 2007

# POOL SCHEDULE

See reverse for more information!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00 Lap Swim	5:00-8:00 Lap Swim	5:00-8:00 Lap Swim	5:00-8:00 Lap Swim	5:00-8:00 Lap Swim	*7:30-8:35 Open Swim	*11:00 AM – 4:45 PM Open Swim
*8:00-8:55 Water Works	*8:00-8:55 Open Swim	*8:00-8:55 Water Works	*8:00-8:55 Open Swim	*8:00-9:15 Open Swim	*8:35-9:30 Water Works	
+ 9:00-11:45 Swim Lessons	+ 9:00-11:45 Swim Lessons	+ 9:00-11:45 Swim Lessons	+ 9:00-11:45 Swim Lessons	*9:15-10:15 Water Works No Class 6/29, 8/24	*9:30 AM- 7:45 PM Open Swim	
				10:15-11:45 *Open Swim		
11:45-1:15 Lap Swim	11:45-1:15 Lap Swim	11:45-1:15 Lap Swim	11:45-1:15 Lap Swim	11:45-1:15 Lap Swim		
*1:15-3:30 Open Swim	*1:15-3:30 Open Swim	*1:15-3:30 Open Swim	*1:15-3:30 Open Swim	*1:15-3:30 Open Swim		
+3:30-6:30 Swim Lessons	+3:30-6:30 Swim Lessons	+3:30-6:30 Swim Lessons	+3:30-6:30 Swim Lessons		3:30 – 8:45 PM OPEN SWIM  <i>EXCEPT FOR: 6/29 &amp; 8/24 ONLY NO OPEN SWIM!</i>	
*6:30 – 9:45 Open Swim	*6:30-7:25 Water Works II	*6:30-9:45 PM Open Swim	*6:30-7:25 Water Works II			
	*7:30-9:45 Open Swim		*7:30-9:45 Open Swim			



*We build  
strong kids,  
strong families,  
strong  
communities.*

\* = 2 LAP LANES AVAILABLE + = 1 LAP LANE AVAILABLE (SWIMMERS MUST CIRCLE SWIM) LAP SWIM = ALL LANES AVAILABLE



**Rochester Area Family Y**  
**Thank you for being aware and following our**  
**Pool Information and Rules:**

- Each person using the pool or whirlpool **MUST** thoroughly shower before entering the pool!
- Children under 12 years of age must be supervised at all times in the pool area!
- Children under the age of 6 must have an adult in the water swimming within arms reach of the child!
- You must be 18 years or older to be in the whirlpool (this includes any part of the body). Please limit your time for health reasons!
- No glass products of any kind in the pool area!

**Dress Code:** **MALES:** Swim trunks or Speedo-type briefs only. NO cut-offs, shorts with zippers, bicycle shorts or T-shirts. NO exposed underwear, street clothes, or shorts that go beyond the TOP of the knee. **FEMALES:** One or two-piece swim suits only. NO shorts, T-shirts, Leotards, bicycle shorts. NO exposed underwear, bras-including sports bras, or street clothes allowed. T-shirts are not to be worn in the water unless authorized by an aquatics staff person and, if approved they are to be light colored, white, or gray—and a swim suit **MUST** be worn underneath. Thong bathing suits are prohibited. **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.

*Aquatics Staff makes final decision on swim attire. Our dress code is based on Minnesota Public Health Standards*