



## LAP SWIM

- Lap Swim is designed to be a workout.
- Swimmers are asked to share lanes and circle swim during the workout.
- Please be courteous to fellow swimmers, so everyone can enjoy a swim workout.
- Lanes are first come first serve.
- Adults lap swimmers get priority during Lap Swim.
- During the high school swim team season, availability of lap lanes will vary; there is no lap swimming during swim meets Wednesdays after 5:30 pm & most Saturdays after 10:00 am December through February. Meet dates are posted at the Y at least one week in advance.

## OPEN SWIM

- This is time for families to swim and play together!
- Children under the age of 8 must be accompanied by an adult, 18 years of age or older in the water at all times.
- Children using a floatation device must have an adult in the water and within arm's reach of them at all times. Children with floatation devices will not be permitted in the deep end.
- The only acceptable floatation devices are YMCA Float belts or US Coastguard Approved Lifejackets.
- All children who want to swim in the deep end of either pool must a swim test. Please see swim testing information for more details.
- Lifeguards on duty are in charge at all times and have authority to further limit behavior in the interest of safety.

## SWIM LESSONS

- The Marion Family YMCA offers Swim Lessons for ages 6 months through adolescence.
- For additional information about Swim Lessons check-out our current Program Guide or stop by the service center.

## OHIO HEALTH

- The Small Pool is closed during designated Ohio Health Rental times.
- The Y is pleased to partner with Ohio Health to offer much needed water-based physical therapy.

## Swim Testing

- The Swim Test is required of any child ages 17 & under, that wants to swim in the deep end of the 8 Lane Pool or the Small Pool.
- Adults 18 & Older will be expected to make sound judgment on their own swimming abilities. If concerned about an adults swimming ability, the lifeguards can require an adult to take the swim test to swim in the deep end.
- To take the swim test, a child should approach the lifeguard and ask to take the swim test. The lifeguard has the right to restrict the times that the swim test can be taken based on current pool activities.
- Swim Test Requirements:
  1. Swim 25 yards front crawl from the shallow end of the 8 lane pool to the deep end wall.
  2. Face must be in the water and swimmer will exhibit rhythmic breathing.
  3. Swimmer must maintain a horizontal body position the duration of the swim.
- Children who have passed the swim test will have a note created on their account at the Service Center. If they plan to swim in the deep end, they should ask for wrist-band when they check in. This will indicate to the lifeguards they are already deep end approved.
- Lifeguards reserve the right to re-test and/or restrict any child's participation in the deep end whether they have passed the swim test or not.

## Additional Aquatics Policies

- Please enter through the locker rooms.
- Pool schedule is subject to change at the discretion of the Marion Family YMCA without notice.
- Please see additional rules in pool and hot tub area prior to using the aquatic areas of the facility.
- Any water exercise class without a minimum of 5 participants is subject to cancellation.
- **The entire aquatic facility will be closed during thunderstorms and will reopen 20 minutes after the last trace of thunder and/or lightning.**
- **Please shower before entering the aquatic facility!**
- Information here is condensed....please see full pool rules.