

Definitions of Swims

- Open Swim: Open to anyone for recreational or fitness swimming. At this time, you have the opportunity to play, water walk, exercise, dive or swim laps (some lap lanes will be open). Adults must accompany children age 9 and under. Noodles, balls, life jackets, water wings & swimsuits with inserted floats are not permitted. YMCA bubbles are available in the pool if needed. Children using bubbles or weak swimmers **MUST** be directly supervised by an adult in the water.
- Family Swim: Open for all families to practice skills or simply enjoy the water. All children must be accompanied by a parent in the pool area. Lap lanes are open for lap swimming. Noodles and balls are permitted. Other flotation devices are not permitted except for YMCA bubbles. Children using bubbles or weak swimmers **MUST** be directly supervised by an adult in the water.
- Adult Recreational Swim: A time set aside for adults age 18 and older to water walk, exercise, swim laps, dive or just enjoy the water. Please be considerate of others.
- Lap Swim: A time set aside for lap swimming **only**. We encourage all swimmers, of any age to circle swim and work together during peak times.
- Adult Lap Swim: The same as lap swim, but for adults age 18 and older **ONLY**.
- **NOTES:**
 - Lap lanes – please be considerate of swimmers already swimming and find a lane with swimmers of similar speed
 - Exercising or water walking is not permitted during lap swim time
 - Diving is strictly prohibited in the shallow end
 - Swimsuits only are permitted (no cut-offs, t-shirts, etc.)