



# MCARTHUR FAMILY YMCA POOL SCHEDULE APRIL 2025

MCARTHUR FAMILY YMCA  
904.261.1080

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 6:00AM-1:00PM 4:00PM-5:00PM 6:00PM-7:00PM	LAP SWIM 8:00AM-1:00PM 4:00PM-7:00PM	LAP SWIM 6:00AM-1:00PM 4:00PM-5:00PM 6:00PM-7:00PM	LAP SWIM 8:00AM-1:00PM 4:00PM-7:00PM	LAP SWIM 6:00AM-1:00PM	LAP SWIM 8:00AM-1:00PM	LAP SWIM 1:00PM-4:00PM
AQUA AEROBICS (6 LANES) 8:00AM- 9:00AM 9:00AM-10:00AM	AQUA AEROBICS (6 LANES) 9:00AM-10:00AM 4:00PM-5:00PM	AQUA AEROBICS (6 LANES) 8:00AM- 9:00AM 9:00AM-10:00AM	AQUA AEROBICS (6 LANES) 9:00AM-10:00AM 4:00PM-5:00PM	AQUA AEROBICS (6 LANES) 8:00AM- 9:00AM 9:00AM-10:00AM	AQUA AEROBICS (6 LANES) 9:00AM-10:00AM	
SWIM TEAM 5:00PM-6:00PM		SWIM TEAM 5:00PM-6:00PM				
					SWIM LESSONS (5 LANES) 10:00AM-12:00PM	
	FAMILY SWIM (2 OUTSIDE LANES) 5:00PM-7:00PM		FAMILY SWIM (2 OUTSIDE LANES) 5:00PM-7:00PM		FAMILY SWIM (1 OUTSIDE LANE) 10:00AM-1:00PM	FAMILY SWIM (2 OUTSIDE LANES) 1:00PM-4:00PM

## AQUATICS AGE GUIDELINES

### 1. RED SWIM BAND | Non-Swimmer

- If under 12 years old, parent/guardian must be within arm's length.
- If under 5 years old, they may wear a US Coast Guard Personal Floatation device.

### 2. YELLOW SWIM BAND | Child Has Passed Shallow Water Swim Test

- If under 12 years old, parent/guardian must remain on pool deck. Child may swim in a zone that is armpit-deep or less.

### 3. GREEN SWIM BAND | Child Has Passed Deep Water Swim Test

- If under 11 years old, parent must remain on pool deck.
- If over 11 years old, parent must be at the facility. Child may swim without parent supervision as long as conduct does not warrant otherwise.

All children under 15 years old must take a swim test before entering the pool.

Swim testing policy is available on the pool deck.

## POOL RULES

- Sharing lanes and circle swimming WILL be necessary during peak hours.
- The pool will close for a 10-minute safety break at the :50 Monday- Friday 10:00am-1:00pm and Monday and Thursday 4:00pm-7:00pm. ALL SWIMMERS MUST EXIT THE POOL. NO EXCEPTIONS.
- YMCA WEATHER POLICY: The pool and pool deck will close for thunder and lightning until 30 minutes after the last occurrence.
- POOL IS SUBJECT TO CLOSE WITHOUT NOTICE DUE TO WEATHER OR CHEMICAL IMBALANCE.

[FCYMCA.org](https://www.fcymca.org)