



# MCARTHUR FAMILY YMCA

## POOL SCHEDULE AUGUST 2025 \*BEGINS 8/4/25

MCARTHUR FAMILY YMCA  
904.261.1080

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

### 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 WILL be necessary during peak hours. 1 hour limit lap swim time during peak hours or when people are waiting.
- 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.
- Aqua class participants may enter the pool 5 minutes before class begins. Lap swimmers must exit the pool 5 minutes before classes start.
- Please refrain from excessive phone conversations while on the pool deck, and avoid talking to the Lifeguards while they are on duty.

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