



Aquatics Facilities Schedules & Rules

Effective: Fall / Winter 2019

TWIN LAKES FAMILY YMCA

Members: Free

Non-Members* - (3 years & under) Free

(4 years & older) \$8 per person

*Non-Members must purchase an \$8 day pass at the Member Services Desk

Aquatic Facility Area Schedules

GENERAL Indoor Pool Times

Monday– Friday.....5am–9pm
 Saturday.....7am–5:30pm
 Sunday12pm–5:30pm

Pool hours are for general aquatic facility times. Refer to lap lane availability, slide & running mushroom, and Warm Water Therapy pool schedules for specific availability. Swim Lessons are Mon-Thur 4pm–7pm, Saturday 9am–12pm.

Slide & Mushroom turned on for members

Monday/Wednesday 12pm–3pm / 7pm–8:50pm
 Tuesday/Thursday..... 1pm–3pm / 7pm–8:50pm
 Friday..... 12pm–5pm / 7pm–8:50pm
 Saturday..... 10am–5:20pm
 Sunday..... 12pm–5:20pm

* Mushroom will not be running with any aquatics program in progress.

Warm Water Therapy Pool

Mon / Wed / Fri.....5am–10:30am/1pm–5:50pm/7pm–9pm
 Tue / Thurs:..... 5am–9am / 12–4pm / 7pm–9pm
 Saturday:.....7am–8:45am / 11am–5:30pm
 Sunday:..... 12pm–5:30pm

The Warm Water Therapy pool is reserved for aqua fitness classes, swim lessons, and members engaging in their own quiet/therapeutic workouts. Playtime or lap swim is not allowed.

SCOUTS information

If you are wanting to have one or more scouts swim tested, please bring all forms needed for the lifeguard to check off, stop at the front desk to pay \$8 and sign the waiver if the scout is not currently a YMCA member, and head to the indoor pool and let one of the lifeguards know you need their assistance. If larger than 8 people, please schedule an appointment.

Mon-Fri.....7pm–9pm

All pool areas will CLOSE for children under 18 years of age during the last 10 minutes of each hour for mandatory safety break at the 50 min mark of every hour.

TWIN LAKES FAMILY YMCA

204 E. Little Elm Trail, Cedar Park, TX 78613

Swim Lessons: 512-615-7408

AQUATICS: 512-615-7432

TL YMCA: 512-250-9622

LAP LANE AVAILABILITY

| 3 | M&W | T&Th | F | Sa | Su |
|---------|-----|------|-----|-----|----|
| 5am | 3 | 3 | 3 | | |
| 5:30am | 3 | 3 | 3 | | |
| 6am | 3 | 3 | 3 | | |
| 6:30am | 3 | 3 | 3 | | |
| 7am | 3 | 3 | 3 | 3 | |
| 7:30am | 1 | 3 | 2 | 1-2 | |
| 8am | 1 | 2 | 2 | 1-2 | |
| 8:30am | 1 | 2 | 1-2 | 1-2 | |
| 9am | 1 | 0 | 1-2 | 1-2 | |
| 9:30am | 1 | 0 | 3 | 1-2 | |
| 10am | 1 | 0 | 3 | 1-2 | |
| 10:30am | 1-2 | 3 | 1-2 | 3 | |
| 11am | 1-2 | 1-2 | 1-2 | 3 | |
| 11:30am | 3 | 1-2 | 3 | 3 | |
| 12pm | 3 | 3 | 3 | 3 | 3 |
| 12:30pm | 3 | 3 | 3 | 3 | 3 |

| Time | M&W | T&Th | F | Sa | Su |
|--------|-----|------|---|----|----|
| 1pm | 3 | 3 | 3 | 3 | 3 |
| 1:30pm | 3 | 3 | 3 | 3 | 3 |
| 2pm | 3 | 3 | 3 | 3 | 3 |
| 2:30pm | 3 | 3 | 3 | 3 | 3 |
| 3pm | 3 | 3 | 3 | 3 | 3 |
| 3:30pm | 3 | 2 | 3 | 3 | 3 |
| 4pm | 3 | 3 | 3 | 3 | 3 |
| 4:30pm | 1 | 3 | 3 | 3 | 3 |
| 5pm | 1 | 0 | 3 | 3 | 3 |
| 5:30pm | 3 | 0 | 3 | 3 | 3 |
| 6pm | 2 | 0 | 3 | | |
| 6:30pm | 2 | 0 | 3 | | |
| 7pm | 3 | 0 | 3 | | |
| 7:30pm | 3 | 1-2 | 3 | | |
| 8pm | 3 | 3 | 3 | | |
| 8:30pm | 3 | 3 | 3 | | |

Number of lane closures during programs will be determined by the size of the class. This will be at the discretion of the lifeguard on duty.

Inclement Weather: The indoor and outdoor pools will close for 30 minutes following thunder and/or lightning. All patrons must exit the aquatic deck if the pools are closed due to inclement weather. Please contact the Member Service Desk for updates on program cancellation due to inclement weather.

HOLIDAY CLOSURES

New Years Eve and Day

Easter Holiday

Memorial Day

Independence Day

Labor Day

Thanksgiving Eve and Day

Christmas Eve and Day

Camp Twin Lakes:

Campers will be at the pool during holiday school closure from 11am-3pm and summer time from 11am-3pm.

Dry Heat Sauna & Hot Tub

- Must be 16 years or older to use the Sauna
- Must be 13 years or older to use the Hot Tub
- Appropriate clothing is required for the Sauna and swimsuits only while using the Hot tub
- Sauna: Please do not place any items on the heater (I.E. towels, swim-suits).
- Sauna: Dry Sauna Only
- Sauna: No shaving & No working-out
- Sauna & Hot tub: Recommended limit is 15 minutes.
- Be sure to drink plenty of water.
- Shower before entering the water after use of the sauna
- Usage of the hot tub and the sauna is not recommended within 30 minutes of each other.

WIBIT

Inflatable obstacle course with bridge, mini climb, and slide that is set up only on Sundays from 2pm-5:30pm. MUST pass a swim test if 6 yrs - 11 yrs. No lap lanes designated during this time.

Children Ages 12 & Under Guidelines

1. All Y pool rules must be followed at all times.
2. Non-Potty-trained children must wear a SWIM DIAPER and LINER while in the pool.
3. Please do not change children's clothing or diaper on deck. Family changing rooms are available inside the aquatics facility and pool hallway.
4. Age Limitations
 - a. Ages 0-4: Must be within arm's reach of a parent/guardian (18 years or older) and be actively supervised at all times by the parent/guardian (18 years or older).
 - b. Ages 5-8: Is permitted in the pool without a parent/guardian (18 or older) after successfully passing the swim test. Parent/guardian must remain on the pool deck and actively supervise the child.
 - c. Ages 9-11: Is permitted in the pool without a parent or guardian (18 years or older after successfully passing the swim test. However, parent/guardian must remain at the branch but does not need to be on deck.
 - d. Ages 12 and up: Is permitted in the pool without a parent/guardian. Parent/guardian does not need to be in the facility. Swim test at the discretion of the lifeguard, based on the ability of the child.

Swim Test Policy

SWIM TESTS INDOOR/OUTDOOR POOL Any child ages 5-11 wanting to enter the lap pool or slide pools must pass the swim test. The Swim test permits the child to utilize the entire pool area including the slide.

- Must be a minimum of 42" tall
- Swim confidently 25 yards on stomach from shallow area to deep (Must be horizontal during swimming)
- Tread water for 5 seconds in deep end of the pool
- Be able to climb out unassisted

*Lifeguard has full discretion over the swim test and this band can be removed at any time for safety reasons. Note: Due to pool capacity, lane usage, & aerobic classes there may be times when the lifeguard on duty is unable to give a swim test

General Facility Rules

- All persons using the pool must shower before entering.
- **Only appropriate swimwear is allowed in the pool. Exposed swimwear is not permitted outside the pool area. Cotton materials, gym shorts, and cutoffs are not permitted swim wear.**
- Do not leave valuables unattended. The Y is not responsible for lost or stolen items
- Non-potty trained children must wear a SWIM DIAPER or LINER while in the pool.
- NO: Inflatable's of any kind (I.E. tubes, plastic water wings, balls, etc.) are allowed in the aquatics facility.
- Any 5-11 yrs old will need to take the facility swim test to utilize the slide wells, or lap pool area without parent in water.
 - *Children will be given a swim test band which must be worn at all times during pool use. If band is forgotten one can be substituted for the day or one can be purchased for \$1 if the swimmer needs a new one and is in the database.
- Life jackets can be provided by the Y upon request as a swimming aid for non-swimmers. Only coast guard approved life jackets and Puddle Jumpers are allowed.
- NO: Running, diving, dunking, pushing, or horseplay of any kind.
- NO: Throwing children in the air or riding on shoulders is allowed.
- NO: Hanging on ropes or lap lanes.
- NO: gum and sunflower seeds are allowed in any pool areas. Food must remain on the outside leisure patio of the indoor pool or outside deck of the outdoor pool.
- NO: Persons with open sores, head lice, chicken pox, ringworm, pink eye, or any other infectious disease or transmittable virus shall not enter the pool. Band-Aids must be removed before entering the pool.
- NO: organized parties, all parties must be schedule through our party department
- NO: large coolers are permitted in the aquatic facility Swim lessons and aquatic group classes take priority over open swim. Lesson and group schedules are posted on the pool schedule.
- A 10-minute safety break will be conducted at the end of each hour. All children under the age of 18 will be asked to exit the pool at this time.
- **Lifeguards are in charge of the pool at all times. They have the right to refuse entry or ask someone to leave if they are violating safety regulations.**