



**THE Y RESERVES THE
RIGHT TO ADD OR
REMOVE A LANE AT
ANYTIME TO BEST
ACCOMMODATE ALL
MEMBERS**

OPEN SWIM IS INTERMITTENT SWIMMING WITHOUT A PATTERN AND DOES NOT ALLOW FOR FULL-LENGTH LAP SWIMMING

Children 12 and under must be accompanied by a parent or guardian over the age of 18. Non-Swimming children must be in arms reach of an adult or guardian, who is in the water, at all times. All children who passed the Swim Test must get their **Green Band** for every visit. A Lifeguard can require anyone to wear a lifejacket at any time. Non-potty trained children wear a swim diaper to enter the pool.



LAP SWIM/OPEN SWIM

LANE CLOSED

POOL CLOSED

SAFE POOLS HAVE RULES

1. All children under the age of 12 must be accompanied by an adult Y member.
2. Breath-holding activities are not permitted in Y Pools.
3. Shower before you enter the pool.
4. Proper swimming attire must be worn at all times.
5. Running on the deck, in the locker rooms, showers, or hallways is not permitted.
6. Food, soda, gum, or candy are not permitted in the Aquatics Center.
7. Horseplay of any kind will not be tolerated.
8. Hanging on the float lines or lap lanes is not permitted.
9. NO DIVING.
10. Dry off before leaving the pool area.
11. Enter the water facing forward.
12. Persons with bandages, open cuts, or wounds are not allowed in the pool.
13. Children under 3 should be potty-trained or wear swim diapers.
14. The lifeguard's word is final. Lifeguards will not tolerate inappropriate behavior.

Questions or concerns? Please contact Kyle Kirby, Aquatics Director at
Kylekirby@ymcaup.org

WATER EXERCISE

WATER AEROBICS – Works out in both shallow and deep water. 45 minutes of moderate to intense cardio, incorporating sprints and intervals. Using noodles and dumbbells for muscular strength and endurance training.

AQUA FLOAT FIT HIIT – Put your fitness to the test by combining balance and strength based exercises on the aqua board. Work on postural control and alignment while performing common movements that you might do at home, work, or in sports. Perfect your balance, strength, and overall mobility. Members must be comfortable with getting your face wet during class.

TWO LANES ARE RESERVED FOR EACH WATER AEROBICS CLASS, WE WILL PROVIDE A THIRD LANE, IF MORE THAN 12 ATTEND THE CLASS.

**SCAN BELOW TO RECEIVE WATER EXERCISE
COMMUNICATION**



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857 Promenade Walk
Fort Mill SC 29708
P 803 548 8020
W www.ymcaup.org