

# Indoor Pool Schedule



Bayside Family YMCA

April 27 - June 19, 2026

## Lap Swim

**Mon/Wed**      **T/Th/F**  
5am-4:15pm      5am-5pm  
shared pool in afternoon

### Saturday/Sunday

7:00am-1:30pm  
lanes adjusted as needed for special programming

## Water Walking

**Mon/Fri**      **Wed**      **Tues/Thurs**  
5:00-8:30am      5-10am      5:00-9:30am

**Saturday/Sunday**  
7:00-9:00am

## Aqua Dance

**Mon & Fri**  
8:30-9:15am

## Water Fitness

T/Th 9:30-10:15am

## Family Swim

**Monday-Friday**  
10am-1pm

**Mon/Wed**      **Tues/Thurs**      **Friday**  
4:30 -7:15pm      6-7:15pm      4:30-6pm

**Saturday**      **Sunday**  
12-1:30pm      10am-1:30pm

## Swim Lessons

**Wed**      **Tues/Thurs**      **Tues**  
4-5pm      4-6pm      9-930am

**Fri**      **Saturday**  
10-11am      9am-12pm

## Swim Team

**Wahoos**      **Mon/Wed**      4:15-5pm  
**Clinic**      **Mon - Fri**      5-6pm  
**Longcourse**      **Mon-Fri**      6-7:30pm

Subject to change or adjustment

Updated 4/27/26

# Pool Rules & Etiquette



Bayside Family YMCA

## Regulations

1. Full shower is required before entering the pool
2. Any person who has or has had diarrhea within the prior 2 weeks may not enter the pool
3. Any person with an infectious disease and/or communicable disease is prohibited from entering the pool
4. Hyperventilation/extended breath holding is not allowed
5. Spitting/spouting water and blowing the nose is prohibited in the water
6. Running, boisterous or rough play is not allowed in the water or surrounding area
7. Animals are not allowed in the pool area except for service animals with their owner
8. Food and drink are not allowed. Water in a non-glass container is allowed
9. NO GLASS OF ANY KIND is allowed in the water, on the pool deck or the locker rooms
10. Hair that is touching your shoulders, or gets in your face when wet, must be pulled back with a hair elastic or wear a bathing cap
11. Swimmers 6 years and younger MUST HAVE A PARENT IN THE WATER, within arms reach, regardless of ability
12. Children ages 7-10 must have a parent on deck. Children that can not pass the yellow band swim test must have a parent in the water
13. Swimmers must pass a deep end test in order to swim in the lap pool.
14. Appropriate swim attire must be worn. This includes but it is not limited to swim trunks, wet suits, rash guards are allowed. No thongs, t-shirts, cut off shorts etc are allowed
14. Children 5 & under may use the gender specific locker room of their parent/guardian. Children 6 and older must use the locker room according to their gender. Our Family locker Room is not gender specific
15. Dive masks are not allowed, except for adults lap swimming. Full-Face masks are not allowed at any time
16. Toys are allowed at the discretion of the lifeguard. Kickboards/equipment are not allowed in family swim

## Required Pool Etiquette

1. Lap Swim is first come/first served
2. Lap swimmers must share lanes. If 2 people are swimming they may each swim on one side of the lane. If 3 or more swimmers are in one lane they must circle swim; always swim on the right side, similar to driving.
3. Always alert the person swimming that you will be entering the water
4. Always slide into the pool when others are in the lane you are entering, no diving or jumping in
5. If you borrow YMCA equipment, you must return the equipment
6. Do not stop in the middle of the pool, you can stop at either end

## Swim Tests

**Yellow Band:** enter the water, swim 15 yards on stomach, float on back for 30 seconds

**Green Band:** enter the water in the lap pool swim 25 yards freestyle (arms out of the water and using rotary breathing), tread water for 1 minute, swim 25 yards on back, float on back for 1 minute.

- Lifeguards may ask you to retake the test if they feel uncomfortable with your swimming ability\*