

BETTENDORF FAMILY YMCA

POOL SCHEDULE

LAP SWIM		
Day	Times	Lanes
Monday	5:00am-6:30am	6 Lanes
	6:30am-9:00am	3 Lanes
	9:00am-12:00pm	2 Lanes
	12:00pm-4:30pm	3-4 Lanes
	4:30pm-7:15pm	2 Lanes
	7:15pm-9:30pm	3-4 Lanes
Tuesday	5:00am-7:30am	6 Lanes
	7:30am-9:00am	3 Lanes
	9:00am-12:00pm	2 Lanes
	12:00pm- 4:30pm	3-4 Lanes
	4:30pm-7:15pm	1 Lane
	7:15pm- 9:30pm	3-4 Lanes
Wednesday	5:00am-6:30am	6 Lanes
	6:30am-9:00am	3 Lanes
	9:00am-12:00pm	2 Lanes
	12:00pm-4:30pm	3-4 Lanes
	4:30pm- 7:15pm	2 Lanes
	7:15pm- 9:30pm	3-4 Lanes
Thursday	5:00am-7:30am	6 Lanes
	7:30am-9:00am	3 Lanes
	9:00am-12:00pm	2 Lanes
	12:00pm- 4:30pm	3 Lanes
	4:30pm- 7:15pm	1 Lane
	7:15pm- 9:30pm	3-4 Lanes
Friday	5:00am-6:30am	6 Lanes
	6:30am-11:00am	3 Lanes
	11:00am-8:30pm	3-4 Lanes
Saturday	6:30am-8:00am	6 Lanes
	8:00am-11:45am	2 Lanes
	12:00pm- 5:30pm	3 Lanes
Sunday	8:30-10:00am	6 Lanes
	10:00am-4:30pm	3-4 Lanes

WATER EXERCISE	
Mondays / Wednesdays / Fridays	
Aqua Fit Challenge	6:45-7:45am
Aqua Fit Shallow	8:00-9:00am
Aqua Fit Shallow	9:15-10:00am
Aqua Fit Shallow	10:15-11:00am
Tuesdays / Thursdays	
Aqua HIIT	7:45-8:45am
Water Aerobics	5:10-6:10pm
Saturdays	
Aqua Fit Shallow	8:00-9:00am

SCHEDULE IS SUBJECT TO CHANGE DUE TO FACILITY/PROGRAMMING NEEDS

SWIM LESSONS	
Register Online or at the Welcome Center!	
Swim Stages	
Parent & Child A B	6 months - 3 years
Preschool 1-4	3 years - 5 years
Youth 1-6	5 years - 12 years
Monday/ Wednesday	
4:30- 5:15 PM	
5:30- 6:15 PM	
6:30- 7:15 PM	
Tuesday/ Thursday	
4:30- 5:15 PM	
5:30- 6:15 PM	
6:30- 7:15 PM	
Saturdays	
9:00- 9:45 AM	
10:00-10:45 AM	
11:00- 11:45 AM	
Questions? Contact bet-aq@ymcaimv.org	

SMALL POOL OPEN SWIM	
Days	Times
Monday	12:00pm- 4:30pm
	7:30pm- 9:00pm
Tuesday	12:00pm- 4:30pm
	7:30pm- 9:00pm
Wednesday	12:00pm- 4:30pm
	7:30pm- 9:00pm
Thursday	12:00pm- 4:30pm
	7:30pm- 9:00pm
Friday	12:00pm- 8:00pm
Saturday	12:00pm- 5:00pm
Sunday	12:00pm- 4:00pm
Zero-Depth Entry	
Water Slide & Water Features	
<small>**Water Slide operates based on staff availability**</small>	

LARGE POOL OPEN SWIM	
Days	Times
Monday	12:00pm- 4:30pm
	7:30pm- 9:30pm
Tuesday	12:00pm- 4:30pm
	7:30pm- 9:30pm
Wednesday	12:00pm- 4:30pm
	7:30pm- 9:30pm
Thursday	12:00pm- 4:30pm
	7:30pm- 9:30pm
Friday	12:00pm-8:30pm
Saturday	12:00pm- 5:30pm
Sunday	12:00pm- 4:30pm

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POOL RULES

1. The Lifeguard is the final authority. The lifeguard may limit any activities that affect the safety and enjoyment of pool users.
2. A shower is required before entering the pool.
3. Children ages 7 and under must be accompanied in all pools by a parent/guardian. Parent/guardian must be in the water and within arms reach of the child at all times.
4. Children must be toilet-trained or wear tightly fitted plastic pants or swim diapers.
5. Proper swim attire must be worn by all swimmers.
6. Please keep any food, drink, or gum in the lobby. Plastic water bottles are permitted. Absolutely NO GLASS.
7. Admission to the pools will be refused to persons with infections such as rashes, open wounds, etc. Bandages of any sort must be removed prior to entering the pool.
8. For your safety, and the safety of others no dangerous activities will be allowed. All activities may be limited by the Lifeguards.
9. No running on the deck.
10. No diving in the pool.
11. No rough play in or around the swimming pool.
12. Pool equipment will be issued and removed at the Lifeguards discretion.
13. All flotation devices for children outside of programs must be United States Coast Guard approved.
14. A swim test must be done on every patron appearing under the age of 18 before swimming in the deep end.

SLIDE RULES

1. The Lifeguard is the final authority. The lifeguard may limit any activities that affect the safety and enjoyment of pool users.
2. A swim test is required on every patron appearing under the age of 5 before using the large slide.
3. Children ages 5 and under may use the large slide if accompanied in all pools by a parent/guardian. Parents catching children at the bottom of the large slide is not permitted.
4. Running, standing, kneeling, rotating, tumbling or stopping on the large slide is not permitted.
5. Slide is only to be used while lying on your back, feet first, with feet and arms crossed.
6. Please exit the water slide catch pool promptly.
7. Forming chains is not allowed on the slides.
8. Feet and hands must be kept inside the slides at all times.
9. Diving is not permitted on the slides.
10. One person at a time on the slides.
11. Must be taller than 48 inches to ride slide, or pass the swim test. See Lifeguard for swim test.