



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Natatorium Hours**  
Monday - Friday..... 5:00am - 8:30pm  
Saturday..... 7:00am - 4:30pm  
Sunday..... 1:00pm - 5:30pm

# Rabb Family Natatorium Schedule & Rules

schedule is subject to change

CHASCO Family YMCA

## ENTRY FEES

Y Members\* - FREE

Community Members\*\* - \$4.00 per person (for natatorium only) / \$8 per person (for all program area except child care)

\* Y Members must check in with their ID Badge at the Member Services Desk prior to entering the aquatics facility.

\*\* Community Members must purchase a day pass at the Member Services Desk located at the entrance of the facility.

### Lap Pool\*

Monday - Friday.....5:00am - 8:30pm  
Saturday.....7:00am - 4:30pm  
Sunday.....1:00pm - 5:30pm  
\*Lane Availability will Vary. See Y Swim Test Policy on back.

### Outdoor Pool\*

Monday - Friday..... 10:00am - 6:00pm  
Saturday..... 10:00am - 4:30pm  
Sunday..... 1:00pm - 5:30pm  
\*See Y Swim Test Policy on back.

### Family Fun Pool\*

Monday - Friday.....9:00am - 8:00pm  
Saturday.....9:00am - 4:30pm  
Sunday.....1:00pm - 5:30pm  
\*See Y Swim Test Policy on back.

### Water Feature Area\* / Spray Ground

Monday - Friday.....12:00pm - 8:00pm  
Saturday.....12:30pm - 4:30pm  
Sunday.....1:00pm - 5:30pm  
\*May be closed during swim lessons/splash class.

### Pool Slide\*

Monday-Thursday..... 10:00am - 4:00pm  
Friday..... 10:00am - 8:00pm  
Saturday..... 1:00pm - 4:30pm  
Sunday..... 1:00pm - 5:30pm  
\*Closed during swim lessons. See Y Swim Test Policy on back.

### Hot Tub & Dry Sauna\*

Monday - Friday.....5:00am - 8:30pm  
Saturday.....7:00am - 4:30pm  
Sunday.....1:00pm - 5:30pm  
\*See Hot Tub & Dry Sauna Rules on back.

### Warm Water Therapy Pool\* (18yrs & older).

Monday - Friday.....5:00am - 8:30am  
11:00am - 8:30pm  
Saturday.....7:00am - 8:30am  
12:30pm - 4:30pm  
Sunday.....1:00pm - 5:30pm

\*For exercise, therapy, rehabilitation or medical reasons only.  
May be closed during swim lessons/splash class.

## Lap Lane Availability

MAY-JUN						
TIME	M&W	T&Th	F	Sa	Su	
5am	8	8	8			
5:30am	2	2	2			
6am	2	2	2			
6:30am	2	2	2			
7am	5	5	2	8		
7:30am	5	5	2	8		
8am	5	5	7	4		
8:30am	7	7	7	3		
9am	4	4	7	3		
9:30am	4	4	7	2		
10am	4	4	7	2		
10:30am	4	4	7	2		
11am	4	4	8	2		
11:30am	2	4	3	2		
12pm	2	4	3	4		
12:30pm	2	7	3	4		
1pm	5	5	8	5	5	
1:30pm	5	5	8	5	5	
2pm	5	5	8	5	5	
2:30pm	5	5	8	5	5	
3pm	4	4	4	5	5	
3:30pm	4	4	4	5	5	
4pm	1	1	3	5	5	
4:30pm	1	1	3		5	
5pm	1	1	3		5	
5:30pm	1	1	3			
6pm	1	1	3			
6:30pm	1	1	3			
7pm	1	1	3			
7:30pm	1	1	3			
8pm	4	4	4			
8:30pm						

JUL-AUG						
TIME	M&W	T&Th	F	Sa	Su	
5am	8	8	8			
5:30am	2	2	2			
6am	2	2	2			
6:30am	2	2	2			
7am	5	5	2	8		
7:30am	5	5	2	8		
8am	5	5	7	4		
8:30am	7	7	7	3		
9am	2	4	7	3		
9:30am	4	4	7	2		
10am	4	4	7	2		
10:30am	4	4	7	2		
11am	4	4	8	2		
11:30am	2	4	2	2		
12pm	2	4	2	4		
12:30pm	2	7	2	4		
1pm	5	5	8	5	6	
1:30pm	5	5	8	5	6	
2pm	5	5	8	5	6	
2:30pm	5	5	8	5	6	
3pm	4	4	4	5	6	
3:30pm	4	4	4	5	6	
4pm	1	1	3	5	6	
4:30pm	1	1	3		6	
5pm	1	1	3		6	
5:30pm	1	1	3			
6pm	1	1	3			
6:30pm	1	1	3			
7pm	1	1	3			
7:30pm	1	1	3			
8pm	4	4	4			
8:30pm						

## Aquatics Center

1. All persons using the pool must shower before entering.
2. 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.
3. Do not leave valuables unattended. The Y is not responsible for lost or stolen items
4. Non-potty trained children must wear a SWIM DIAPER and WATERPROOF PANT while in the pool.
5. NO: Inflatables of any kind (I.E. tubes, plastic water wings, balls, etc.) are allowed in the aquatics facility.
6. Any child 11 yrs & under will need to take the facility swim test or be accompanied by a parent/guardian (18+) to utilize the family fun pool, lap pool and/or slide. 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 another can be purchased at the Member Services Desk and given by the lifeguard on duty.
7. Life jackets can be provided by the Y upon request as a swimming aid for non-swimmers. Only coast guard approved life jackets and full wrap around water wings are permitted.
8. NO: Running, diving, dunking, pushing, or horseplay of any kind.
9. NO: Throwing children in the air or riding on shoulders.
10. NO: Hanging on ropes or lap lanes.
11. NO: gum and sunflower seeds are allowed in any pool areas. Food must remain in the outside patio area.
12. NO: Persons with open sores, head lice, chicken pox, ringworm, pink eye, or any other infectious disease or transmittable virus shall enter the pool. Band-aids must be removed before entering the pool.
13. **NO strollers or wagons allowed in the Aquatics Center for the safety of all members.**
14. Swim lessons and aquatic group classes take priority over open swim. Lesson and class schedules are posted at facility and online.
15. 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.

## Hot Tub & Dry Heat Sauna

1. Must be 13 yrs or older to utilize Hot Tub.
2. Must be 16 yrs or older to utilize Dry Heat Sauna.
3. Please do not pour or spray liquids on Dry Heat Sauna rocks.
4. Appropriate clothing is required but a swimsuit is recommended.
5. Please do not place any items on the heater (I.E. towels, swimsuits).
6. Recommended limit is 10 minutes.
7. Be sure to drink plenty of water.
8. Shower before entering the water after use of the sauna.
9. Usage of the hot tub and the sauna is not recommended within 30 minutes of each other.
10. No form of exercise is permitted within the Dry Sauna for the safety of all members.

## Warm Water Therapy Pool

1. The Warm Water Therapy Pool is reserved for Seton Medical Center, swim lessons and aquatic group classes daily. Please check Warm Water Therapy Schedule for availability.
2. The Warm Water Therapy Pool will be available during specific times for YMCA Members only 18 yrs & older.
3. Our therapy pool must be used for water exercise, therapy, rehabilitation or medical reasons only.
4. All facility rules apply for the Warm Water Therapy pool.
5. Jumping, diving, splashing and lap swimming are not permitted.
6. Please be respectful of other patrons.
7. Lifeguards have full discretion over any activities not on the Warm Water Therapy Pool schedule.
8. Must be a YMCA Member 18y rs or older to utilize this pool.

## Lap Lanes

1. Circle swimming is not optional when others are waiting. This is performed when each swimmer stays to his/her right of the black line, swimming counter-clockwise.
2. The lifeguards are instructed to make changes when necessary as a courtesy; they have final say in directing traffic.

## Locker Rooms / Changing Rooms

1. The Y is not responsible for personal items brought into the building. The Y also recommends you bring a lock so that you are able to lock your belongings in a locker.

The Y offers family changing rooms on the pool deck for those with disabilities as well as children who are old enough to use the gender-appropriate locker rooms, but still need assistance. Children 5yrs and older must use the gender-appropriate locker rooms.

## Inclement Weather Policies

Natatorium - The CHASCO Family YMCA Aquatics Center will close for inclement weather as needed and approved by aquatics director and/or executive director. All patrons (in the Natatorium, locker rooms or family changing rooms) must exit the Aquatics Center during this time until pool is safe to reopen. Patrons are welcome to wait in the lobby or hallway.

Swim Lessons - Swim lessons may be canceled due to inclement weather or water quality issues. Please contact the Member Services Desk at (512) 246-9622 for updates.

## SWIMMER SAFETY & SUPERVISION

All children 11 and under will be required to take a swim test and be identified with a color band to designate the area(s) where they can swim. Any individual whose swimming ability concerns the lifeguard may be asked to take a swimming test. This policy is designed to identify the swimming capability of all children and better protect swimmers and non-swimmers, even in shallow water. The test will be supervised by a lifeguard who is not actively scanning the pool.

### SWIM TEST

1. Jump into water over their head and resurface. Swim 25 yards with their face in the water, without goggles, using front crawl or breaststroke with confident breaths without stopping, hanging on the wall, or putting their feet on the ground. The swimmer should be able to maintain up to a 45-degree angle.
2. Tread water for 15 seconds.
3. Climb out of the pool unassisted.

**AGES 0-4:** Must be within arm's reach of a parent or guardian (18 yrs or older) and be actively supervised at all times by the parent or guardian. If the child is in the water, the parent is with them.

**AGES 5 - 11:** Permitted in the pool without a parent or guardian (18 yrs or older) after successfully passing the swim test.

- **Ages 5-8** - Parent or Guardian must remain on the pool deck and actively supervise the child.
- **Ages 9-11** - Parent must remain in Facility

If they do not pass the swim test, the swimmer will receive a red band on both wrists and must remain within arm's reach of a parent or guardian (18 yrs or older) who is in the water in appropriate swim attire and actively supervising the swimmer(s). Swimmers may be in the designated swim area without parents in the water if they are wearing a US Coast Guard approved life jacket. Life jackets provided. **Parents must remain on deck regardless of age.**

**AGES 12 AND OLDER:** Permitted in the pool without a parent or guardian (18 yrs or older). Parent or guardian does not need to be in the facility. Swim test at the discretion of the lifeguard, based on the ability of the swimmer.