



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE POOL SCHEDULE

BRIARGATE FAMILY CENTER

MONDAY/WEDNESDAY

Time	Lanes	Activity
5:00—6:00 am	1—3 4—6	Lap Swim Open Swim
6:00—7:00 am	1—4 5—6	Lap Swim Water Exercise*
7:00 - 9:00am	1-3 4-6	Lap Swim Open Swim
9:00 am-1:30 pm	1 2—4 5—6	Swim Lessons Lap Swim Open Swim/Water Exercise*
4:00—8:30 pm	1—2 3—4 5—6	Swim Lessons Lap swim Open Swim/Water Exercise*
8:30-9:15 pm	1—4 5—6	Lap Swim Open Swim

TUESDAY/THURSDAY

Time	Lanes	Activity
5:00 — 10:45 am	1—4 5—6	Lap Swim Open Swim/Water Exercise*
10:45am - 3:00 pm	1-2 3—4 5—6	Swim Lessons Lap Swim Open Swim
3:00—4:00 pm	1—4 5—6	Lap Swim Open Swim
4:00—5:00 pm	1—2 3—4 5-6	Swim Lessons Lap Swim Open Swim/Water Exercise*
5:00-7:00 pm	1—3 4 5—6	Swim Team Lap Swim Water Exercise* /Swim lessons
5:30-6:30 pm	5-6	Water Exercise
7:00—9:15 pm	1—4 5—6	Lap Swim Open Swim

FRIDAY

Time	Lanes	Activity
5:00—7:15 am	1—3 4-6	Lap Swim Open Swim/Water Exercise*
7:15 am —5:00 pm	1—4 5—6	Lap Swim Open Swim /Water Exercise
5:00—6:30 pm	1—2 3—4 5-6	Water Exercise Lap Swim Open swim
6:30—9:15 pm	1—4 5—6	Lap Swim Open Swim

SATURDAY

Time	Lanes	Activity
6:00—8:00 am	1—4 5—6	Lap Swim Open Swim
8:00—9:00 am	1-2 3- 4 5—6	Endurance Swim/ Lessons Lap Swim Open Swim
9:00 am—12:15 pm	1—2 3—4 5—6	Swim Lessons Lap Swim Open Swim
12:15- 7:45 pm	1—4 5—6	Lap Swim Open Swim

SUNDAY

Time	Lanes	Activity
1:00 - 5:45 pm	1—4 5—6	Lap Swim Open Swim

*Please check Water Exercise Schedule for specific class times.
Pool schedule is subject to change without notice.
February 18, and May 19 2012 Large Pool will be Closed from 12-5pm due to Briargate YMCA home swim meet.
Schedule runs from January 1—May 25, 2012



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SMALL POOL SCHEDULE

BRIARGATE FAMILY CENTER

MONDAY/WEDNESDAY

Time	Activity
5:00—9:00 am	Open Swim
9:00—10:30 am	Open Swim/Swim Lessons
10:30—11:00 am	Water Exercise/Swim Lessons
11:00 am—12:00 pm	Open Swim/Water Exercise
12:00—4:00 pm	Open Swim
4:00—7:15 pm	Open Swim/Swim Lessons
7:15—9:15 pm	Open Swim

FRIDAY

Time	Activity
5:00—10:30 am	Open Swim
10:30am-12:30 pm	Open Swim/Water Exercise*
12:30 pm —9:15 pm	Open Swim

TUESDAY/THURSDAY

Time	Activity
5:00—7:30 am	Open Swim
7:30—12:30 pm	Open Swim/Swim Lessons/ Water Exercise*
12:30 pm—1:30 pm	Open Swim
1:30-3:00 pm	Open Swim/Swim Lessons
3:00—4:00 pm	Open Swim
4:00—6:45pm	Open Swim/Swim Lessons
6:45—9:15 pm	Open Swim

SATURDAY

Time	Activity
6:00—9:00 am	Open Swim
9:00 am—12:15 pm	Open Swim/Swim Lessons
12:15 - 7:45 pm	Open Swim

SUNDAY

Time	Activity
12:00 - 5:45pm	Open Swim

Swimming Competency Assessment

To increase the level of safety during YMCA of the Pikes Peak Region Aquatic activities any child under 13 years of age will be given a color coded neck band that will designate their ability and where they are able to swim. Children 7 years or older may only be in the pool area without an adult if they have passed the Green Band swim assessment or meet the Yellow Band height requirement. Please pick up your band at the Welcome Center before entering the pool.

Slide Schedule:

Monday—Thursday:.....3:00—4:00pm
..... 8:00—8:30pm

Friday: 4:00—5:00 pm
.....6:30—7:00 pm

Saturday: 1:00—4:00 pm
..... 6:00—7:45 pm

Sunday:2:00—3:30 pm
..... 5:00—5:45 pm

Slide Rules:

1. Children under 48 inches tall are not permitted on the slide.
2. Maximum operational load = 1 person, 300 lbs.
3. Eyeglasses must be securely affixed to riders with head straps.
4. Swimwear with exposed zippers, buckles, rivets, or metal ornamentation are not permitted.
5. One rider at a time.
6. Slide must be ridden feet first lying on back or in a sitting position only.
7. Rider must wait for Lifeguard's signal

to go.

8. Keep arms and hands inside the flume at all times.
9. Do not run, dive, stand, kneel, rotate, or stop in the slide.
10. No swimming in the slide area.
11. Move away from bottom of the slide immediately.
12. Ride at own risk.

CAUTION: For safety reasons, pregnant women and persons with heart conditions or back trouble should not ride this slide.