

YMCA Uptown

Amenities

Warm water pool- used for water therapy and swim lessons

Locker rooms- change and shower after pool usage

Lockers to store belongings- lock not provided

Chair Lift

Wall hooks on deck for hanging belongings

Pool Dimension

Lap pool

6 lanes, 25yards, two shallow ends 3 ½ft to 5ft deep

Warm water pool

Pool Temperature

Lap: 84-86 degrees

Warm Water: 89 degrees

Rec Swim Pricing and Hours

MON/WED 6pm-7:30pm; SAT 11am-1pm

Free with YMCA membership

No Drop-in

Lap Swim Pricing and Hours: No Drop-in

MON/WED 7-10am; 6pm-7:30pm & SAT 8am-10am;11am-1pm

Free with membership

YMCA East

Amenities

Locker rooms- change and shower after pool usage

Lockers to store belongings, lock not provided

On Deck cubbies to hold belongings

PDF of Pool Rules

Working on it

Pool Dimension

Lap pool

6 lanes, 25yards, shallow to deep ends 3 ½ to 9ft deep

Warm Water Pool 4 ½ ft deep

Pool Temperature

Lap Pool: 84-86 degrees

Warm Water: 89-90degrees

Rec Swim Pricing and Hours

Tues/Thur 6pm-7:30pm; SAT 11am-1pm

Free with YMCA membership

No Drop-in

Lap Swim Pricing and Hours

Tue/Thur 7-10am; 6pm-7:30pm & SAT 8am-10am;11am-1pm

Free with membership

No Drop-in

Pool Rules: Uptown

- Swimming without a Lifeguard present is prohibited.
- ONE LONG WHISTLE blast indicates an emergency. Everyone must exit the water!
- Shower before entering the pool
- Breath holding activities are not permitted in the pool
- Proper swim attire is required; no cut off shorts or basketball shorts allowed. Family-friendly swim trunks and bathing suits only.
- No running on the pool deck, in the locker rooms, showers or hallways
- Food, soda, gum, candy, and glass containers are not permitted in the Aquatics Center.
- Horseplay of any kind; profane language will not be tolerated.
- Children must pass a swim test before being permitted to swim in the deep end. The test requires the participant to swim the length of the pool (25 yards), using a proper swimming stroke, (Doggie paddle is not permissible) while being supervised by a Premier Lifeguard.
- Hanging on the float lines or lap lanes is not permitted
- NO diving; Must enter the water face forward when jumping
- Patrons with open sores, cuts, rashes, and/or suffering from diarrhea or contagious diseases shall not be allowed to enter the pool.
- Flotation devices are prohibited for use in the pool except for US Coast Guard approved personal flotation devices. Water wings, full suits sewn in, innertubes, rafts and boogie boards are not permitted. The only exceptions are flotation devices specifically needed to assist a person with a disability (see manager for approval).
- Children 14 years and under must be accompanied by a person 16 years or older.
- Swimming diapers or rubber pants must be worn by infants and toddlers who are not toilet trained. Diapers are not allowed.
- Children must change clothes in a locker room, not on the pool deck. Swim diapers must be disposed of in the locker rooms.
- Lifeguard's word is final.

Pool Rules: East Whittier

- Swimming without a Lifeguard present is prohibited.
- ONE LONG WHISTLE blast indicates an emergency. Everyone must exit the water!
- Shower before entering the pool
- Breath holding activities are not permitted in the pool
- Proper swim attire is required; no cut off shorts or basketball shorts allowed. Family-friendly swim trunks and bathing suits only.
- No running on the pool deck, in the locker rooms, showers or hallways
- Food, soda, gum, candy, and glass containers are not permitted in the Aquatics Center.
- Horseplay of any kind; profane language will not be tolerated.
- Children must pass a swim test before being permitted to swim in the deep end. The test requires the participant to jump into the deep end feet first and return to the wall then swim the length of the pool (25 yards), using a proper swimming stroke, (Doggie paddle is not permissible) while being supervised by a Premier Lifeguard.
- Hanging on the float lines or lap lanes is not permitted
- Diving blocks are only to be utilized by Swim Team or with an Instructor.
- Diving is only permitted in the deep end of the pool.
- Patrons with open sores, cuts, rashes, and/or suffering from diarrhea or contagious diseases shall not be allowed to enter the pool.
- Flotation devices are prohibited for use in the pool except for US Coast Guard approved personal flotation devices. Water wings, full suits sewn in, innertubes, rafts, monofins (mermaid fin) and boogie boards are not permitted. The only exceptions are floatation devices specifically needed to assist a person with a disability (see manager for approval).
- Children under 9 years or 48in tall must be accompanied by a person 16 years or older.
- Swimming diapers or rubber pants must be worn by infants and toddlers who are not toilet trained. Diapers are not allowed.
- Children must change clothes in a locker room, not on the pool deck. Swim diapers must be disposed of in the locker rooms.
- Lifeguard's word is final.

Lap Swim Rules

- Lap swimmers must be swimming laps. Walking, aqua jogging, wall workouts and floating are only permitted when lap swimmers are not present.
- Lap swimmers must be 14 years of age
- When there are two people present in one lane, the lane will be split and one swimmer will get each side. When 3 or more are swimmers are present, swimmers will swim in a clockwise circular motion.
- For the safety of all patrons, lap swimmers must attempt to swim with others of their own speed.
- Kickboards and pull buoys are available for lending during lap swim.

Warm Water Pool Rules

- The pool temperature will be kept between 89 and 91 degrees
- All main pool rules and regulations apply
- Children 5 years old and under are allowed in the warm pool with an adult 18 years or older.
- Horseplay and jumping are prohibited in the warm water pool
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