



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Family Swim is open swim time that is available for members who wish to participate in non-lap swim activities, to relax and enjoy our pool. It is a great time for families to play together in the pool. Family swim is available Saturdays and Sundays at 2:15 & 3:15pm Each session will last 45 minutes and the lifeguards will clear the pool deck in between the swim times. **Family Swim will require reservations.**

Reservations:

- Family swim reservations can only be made the day of by calling the front desk at 847-272-7250.
- Each family swim time will be limited to 20 swimmers.
- Please arrive no more than 15 minutes prior to your 45-minute swim time.
- If you are unable to attend your family swim time, please call to cancel your reservation so that others can enjoy the pool.

Family Swim Rules

- All general pool rules must be followed. Lifeguard's decision is final.
- Masks required at all times for all staff and members except while swimming in the pool.
- Every family will have access to the entire pool area, please practice social distancing and be aware of others around you.
- All children under the age of 10 years old must have an adult in the water with them.
- Parents and members not in Swim Attire must watch from the viewing area.
- NSYMCA pool equipment is not allowed for use during family swim except life jackets and puddle jumpers.
- Families are welcome to bring in their own pool toys, such as balls, diving toys, noodles, etc. No flippers, hard toys or inflatables during family swim.
- Deep Water Testing may be required to determine if a swimmer can swim in the deep end or requires life jacket. Child must be able to comfortably swim the length (25 yards) of the pool without aid of flotation device or help.
- All children who cannot pass the "Deep Water Test" will be required to wear a lifejacket or to have an adult in the water at all times.
- Lap swim will not be available during family swim times.
- Lifeguard's decision is final; Lifeguards are responsible for enforcing safety rules and keeping the pool area safe

Locker Room Etiquette:

- Please limit time in locker room to 20 minutes.
- Please social distance while in shower area with the shower curtains closed and wear a mask in all the changing areas.
- No congregating at any time in locker room.

Please contact Missy Contri, Aquatics Director at mcontri@nsymca.org with any questions.

North Suburban YMCA
2705 Techny Rd, Northbrook, IL 60062
847-272-7250 www.nsymca.org