

Pool Temperatures

Lap Pool	82°
Therapy Pool	89°
Hydrotherapy Pool	103°



Rules

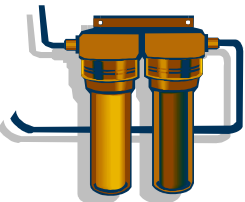
Click on this link to see the Natatorium Rules

Please check our signage in the Natatorium for up-to-date rules.

Pool specs



Lap Pool	25 yards long 6 lanes 4' to 9' deep
Therapy Pool	23' x 50' 2' to 7' deep with stairs from 0-2' and 4-7' depths Handicapped accessible with rails and lift
Hydrotherapy Pool	10-person maximum 3.5' deep with seats around the edges Timed jets that are positioned to reach all body parts



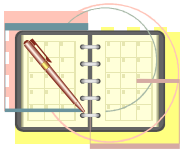
Filtration and Cleaning

Lap & Therapy Pool	State-of-the-art DEFENDER filters Pool is manually vacuumed weekly Pool Chemistry is check multiple times daily
Hydrotherapy Pool	Pool is drained and scrubbed weekly



Ages for Facility Usage and Programs

See Rules and/or Programs for age specifications



Pool Schedules

Lap Pool

Please check our website for the most up-to-date schedule

Therapy Pool

Please check our website for the most up-to-date schedule



Programs & Descriptions

<http://www.waldocountyymca.org/aquatics.htm>



Bluefish Swim Team

<http://www.waldocountyymca.org/youth%20bluefish%20swim%20team.htm>



Staffing

Lifeguards are American Red Cross certified

Swim Instructors are American Red Cross Water Safety Instructors

Aqua Aerobics Instructors have various backgrounds, training, and certifications, including Arthritis Foundation certification.

Certified Pool Operators are available at all times to oversee the pool chemistry, operation, and maintenance.

Hours

The Natatorium opens $\frac{1}{2}$ hour after and closes $\frac{1}{2}$ hour before the building.

Monday-Thursday

5:00 am - 9:00 pm (Natatorium: 5:30 am - 8:30 pm)

Friday

5:00 am - 6:00 pm (Natatorium: 5:30 am - 5:30 pm)

Saturday

7:30 am - 5:00 pm (Natatorium: 8:00 am - 4:30 pm)

Sunday

noon - 5:00 pm (Natatorium: 12:30 pm - 4:30 pm)



Pricing



- Lap swimming, family opens, therapy opens, and use of the hydrotherapy pool are free to members and three-month members.
- Non-members pay for a day pass to use the facility for lap swimming, family opens, therapy opens, and hydrotherapy pool.
- Classes are available to members at a reduced rate.
- Specific pricing can be found with the program descriptions.