

Family Swim at the Y



Our Y is happy to offer our Facility Family or Single Parent Family members a time to enjoy some swim time in our indoor heated pool.

Member Information Prior to Making Your Reservation

- All swimmers must reside in the same household and be active on the same YMCA family/single parent family membership.
- Parent(s) must be in the water with their children (any youth under 18). During swim time, parents should be within arms reach of their children under 8 years old; not lap swimming in a lane, unless additional adult(s) in the Family Swim lane and reserved a lane.
- Max of 6 swimmers per family reservation; For every 2 youth under the age of 8, 1 adult is required in the water.
- No spectators are permitted on deck.
- There are two designated Family Lanes (double width). You must specify which lane when making your reservation. Please note: Family Lane 1-2 is entered by sliding in and climbing out at the shallow end (NO stair access); Family Lane 5-6 is entered from the steps at the shallow end.
- Swimmers 17 and younger must be deep end tested each time they come to the Y; no records will be kept during COVID
- Review the Family Swim time protocols and facility/locker room procedures

For everyone's safety, well being, and continued participation, please adhere to all the pool rules, YMCA Code of Conduct, and all YMCA COVID policies.

If you have any questions, please contact Aquatics by email at helm@ccaymca.org or aquatics@ccaymca.org or call at 856-691-0030 ext. 109 or 112,

RESERVE YOUR SWIM TIMES IN ADVANCE

Saturday Family Time :

- 1:00PM-1:45PM;
- 2:00PM- 2:45PM;
- 3:00PM-3:30PM (30 min)

Sunday Family Time slots:

- 9:30AM- 10:15AM;
- 10:30AM-11:15AM;
- 11:30AM-12:15PM;
- 12:30PM -1:15PM

HOW TO BOOK A RESERVATION:

- Call Member Services (856) 691-0030
- Book online www.ccaymca.org by Friday at 6pm, before the upcoming Sat/Sun.
- Download and book through our mobile app. Search your app store for CUMBERLAND CAPE ATLANTIC YMCA.
- All lane reservations are offered four (4) days in advance
- All lanes are subject to availability. We recommend scheduling in advance, but you are welcome to call to see if lanes are available same day.
- If you need to cancel a reservation—please notify us immediately; we may have other families on the Waiting List for a lane.

Getting Ready to Come to “Family Swim Time”

WHAT YOU NEED TO KNOW



WHAT TO BRING TO THE Y?

- Please come to the Y dressed to swim in your bathing suit (proper bathing attire required, no cotton shorts or tops);
- You must bring your own towels/change of clothes.
- Bring clean deck sandals/flip flops (not worn outside) to wear on the pool deck/in the locker room and shower (no bare feet except on the pool deck).
- We recommend you bring your own clean and proper fitting US Coast Guard Approved Lifejackets for non-swimmers and youth, the Y will loan a lifejacket if needed; supplies are limited; please do not bring personal pool toys, only pool noodles are permitted.

YMCA COVID PROTOCOLS:

- All members are required to pass the health screening upon entry and follow all social distancing guidelines and COVID safety protocols. Any member who does not pass the health screening will not be permitted in the facility. If you are unwell, have been in close contact with anyone who has tested positive for COVID-19, or awaiting your own results, please stay home.
- Please allow sufficient time -15 minutes – to be health screened and checked in by Member Services. If it is your first visit, a parent/guardian must sign our Waiver.
- **Facial coverings**—cloth masks must be properly worn (above your nose and below your mouth) at all times when in the facility, including while walking to and from the pool and on the pool deck, but it may be removed when showering or in the pool. **At this time neck gaiters, face masks with vents, bandanas, nor face shields are permitted.** For everyone’s safety please do not talk to other pool users without your face covering on.
- **Locker rooms**—Youth aged 5 and younger may use the Family male/female locker room with their parent. Parents of opposite gender youth aged 6—17 should use the Gender neutral/ADA showered changing room to shower prior to swimming.

FAMILY SWIM TIME POOL PROCEDURES:

- Please enter the pool through the Locker rooms and follow directional signs/arrows to the pool.
- Families participating in Family swim Time may not be on the pool deck more than 5 minutes in advance;
- **Soap showers are required at the Y before swimming for everyone’s safety per NJ State Bathing Policy and the CDC recommendation.** Please practice safe social distancing while in the locker room and limit your time to less than 15 minutes to reduce exposure. Please wear foot coverings while in the locker room and shower.
- After you have showered, please bring all personal items down to the pool deck with you; Lockers are NOT available for storage at this time.
- You may wear shoes on the pool deck that have NOT been worn outside or you can put shoe covers over your shoes. Covers available at the entrance of the pool.
- **Wear your mask to the pool deck;** you may remove just prior to when you are going into the pool.
- **Wait at the pool doors—staff will come to direct you where to place your belongings and sit before swim time.**
- **–After Swimming—**Dry off in your designated area and put your face mask on before leaving the pool area. Family Locker rooms located through the glass double doors on the pool deck are available. Parents of opposite gender youth should use the Gender neutral/ADA room to change after swimming.