



KONTES POOL SCHEDULE - Spring 2026 EFFECTIVE March 2-6

PERFORM EXERCISE
FOR HEALTHY LIVING
PROMOTE RESPONSIBILITY

| **Showers before pool use are required by all** | | | | | | | | | | |
|---|---------------------------------|----------------------------|------------------------------------|----------------------------|------------------------------|---------------------------------|-----------------------|---------------------------|--|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | |
| 6:15AM | 6:15-9:30 5lap/1AdLn | 6:15-9:15 5lap/1AdLn | 6:15-9:30 5lap/1AdLn | 6:15-9:15 5lap/1AdLn | 6:15-8:30 5lap/1AdLn | 7:00-8:30 5Lap/1AdLn | | | | |
| 6:30AM | | | | | | | | | | |
| 7:00AM | | | | | | | | | | |
| 7:30AM | | | | | | | | | | |
| 8:00AM | | | | | | | | | | |
| 8:30AM | | | | | | | | | | |
| 9:00AM | 9:15-10:00 | 9:15-10:00 | 9:15-10:00 | 9:15-10:00 | 8:30-10:15 4Lp/2Fam | 8:30-10:00 3Lap/1Fam/2Class | | | | |
| 9:30AM | 9:30-10:15-3lp/1Ad/1fam | 2Lp/4Ad**4Class | 9:30-10:00-3lp/1Ad/1fam | 2Lp/4Ad**4Class | | | | | | |
| 10:00AM | 10:15-11:00 2Lap/3Class/1fam | 10:00-11:00 2Lap/4Class | 10:00-11:00 2Lp/3Class/1fam | 10:00-11:00 2Lap/4Class | 10:15-1:30 2Lp/1Ad/3class | 10:00-12:15 2Lap/2Fam/2Class | | 9:00-4:00 4lap/2Family | | |
| 10:30AM | | | | | | | | | | |
| 11:00AM | 11:00-1:00 4Lp/2Fam | 11:00-1:00 4Lp/2Fam | 11:00-12:00 3Lp/3Ad Volley&3fam | 11:00-1:00 4Lp/2Fam | | | | | | |
| 11:30AM | | | | | | | | | | |
| 12:00PM | | | | | | | | | | |
| 1:00PM | | | | | | | | | | |
| 1:30PM | 1:00-4:00 5lap/1AdLn | 1:00-4:00 5lap/1AdLn | 12:00-4:00 5lap/1AdLn | 1:00-4:00 5lap/1AdLn | 1:30-9:00 4Lp/2Fam | 12:15-4:00 4Lp/2fam | | | | |
| 2:00PM | | | | | | | | | | |
| 2:30PM | | | | | | | | | | |
| 3:00PM | | | | | | | | | | |
| 3:30PM | | | | | | | | | | |
| 4:00PM | | | | | | | | | | |
| 4:30PM | 4:00-5:00 4Lp/2Fm | 4:00-5:00 4Lp/2Fm | 4:00-5:00 4Lp/2Fm | 4:00-5:00 4Lp/2Fm | | | | | | |
| 5:00PM | | | | | | | | | | |
| 5:30PM | | | | | | | | | | |
| 6:00PM | 5:00-8:30pm 2Lp/2fm/2cl | 5:00-8:00 2Lp/2fm/2cl | 5:00-8:30pm 2Lp/2fm/2cl | 5:00-8:00 2Lp/2fm/2cl | | | | | | |
| 6:30PM | | | | | | | | | | |
| 7:00PM | | | | | | | | | | |
| 7:30PM | | | | | | | | | | |
| 8:00PM | | | | | 8:00-9:00 4Lp/2Fam | 8:00-9:00 4Lp/2Fam | 8:00-9:00 4Lp/2Fam | 8:00-9:00 4Lp/2Fam | | |
| 9:00PM | | | | | 8:30-9:00 4Lp/2Fam | | 8:30-9:00 4Lp/2Fam | | | |

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|--|---|
| P K O E O Y L | *Lane Lines may be moved early, prior to program/class(CI, ST) times. **-Shallow end only/limited space available |
| | Lap Swim(Lp/L) - 8 years (with parent on deck till age 11) and older; Continuous or circle(3+people) swimming continuously. |
| | Adult Lane(AdLn/AL) - ages 18 and older - water walk, exercise on own, etc; no lap swimming; may be lane 1,2,5,6 |
| | Family Swim(Fam) -Parent-18+ must be in water w/ ages 0-10. Parent in facility ages 11-12; May be in Lanes 1,2 or 5,6 |
| | Classes (CL) - Water exercise & Group Lessons; Swim Team practice (ST) -Family swim will be on wall side if available |
| | Please read POOL RULES (on other side) |
| Schedule- Subject to change without notice to accommodate programs/events, staffing, etc. | |
| Pool closed - events/rentals or times closed for a guard break | |
| Weekly pool schedule & update emails desired? Contact support@ccaymca.org to be added | |

PLEASE SEE REVERSE SIDE FOR POOL RULES

Pool Rules - please review prior to coming to swim at the Y:

- A bathing suit must be worn – **no cutoffs, shorts, cotton T-shirts, or belts**. All children in diapers must wear diapers specially designed for immersion in water (such as swimming diapers). Do not wash out soiled diapers in the bathing water.
- All persons must shower before entering the pool water (NJ State Law). Wash off lotions, deodorant, hair products, sweat**
- Children should be encouraged to use the rest rooms before entering the water. Immediately report any “accidents” you observe in the bathing waters to a lifeguard.
- Children under 11 years must be supervised by an adult (over 18 years) IN the water (2 children per 1 adult). Children 11-12 years, adult must remain inside the Y building at all times. Anyone who is not able to follow directions on their own should have an adult in the water with them for their safety.**
- Children who are non swimmers and the water is deeper than their armpits should have an adult within arm’s length and preferably be wearing a US Coast Guard Approved Floatation device.**
- Shoulder length hair and longer must be tied back or wear a swim cap.
- Any person showing evidence of skin disease, sore or inflamed eyes, cold, nasal, or ear discharge or any communicable disease shall be DENIED admission. Any person with excessive sunburn, open blisters, cuts, or bandages shall be DENIED admission, in the pool.
- Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven (7) days.
- No animals, except for service dogs, shall be allowed in the swimming pool, hot tub, or spa area, dressing rooms, or other parts of the building. “Therapy” dogs are not legally considered service dogs and will be denied admission.
- Glass containers shall be prohibited in pool area or locker rooms. No food, gum, or open drinks are permitted in the pool area or locker rooms.
- Street shoes/sandals that were worn outside, may not be worn on the pool decks. Pool deck only shoes or shoes with covers are permitted.
- Youth under 18 years must pass the deep end swim test and wear a wristband to swim in the deep end--past the lifeline. Parents/guardians may not take non-swimmers past the lifeline. **Lifeguards will retest a swimmer every visit during Family Swim Time for deep end swimming.**
- Running is not permitted on the pool deck or locker rooms.
- No diving** in the pool or off of the starting blocks. Jumping feet-first is permitted from the far end of the deep end only.
- Persons suspected of being under the influence of drugs or alcohol will be DENIED from entering the water.
- Conduct which endangers the safety and comfort of others shall be prohibited, including foul language, horseplay, excessive displays of intimacy, etc.
- Pool area will be closed during electrical storms.
- Equipment: Noodles may be used during Family Swim in the shallow end. NO inflatables or personal floating pool toys are allowed in the pool. All equipment for handling children must be labeled “US Coast Guard Approved” and verified by a lifeguard.**
- Extended underwater breath holding or hyperventilating before swimming is dangerous and not permitted under any circumstances.
- Swimming equipment that binds the feet or legs together and restricts the independent use of each leg (i.e. mermaid “tails” or “monofins”) are prohibited.
- THOSE IN THE POOL AREA ARE SUBJECT TO AUTHORITY OF THE LIFEGUARD ON DUTY.**

Deep End Test:

Swim one length(75’) of the pool in a front horizontal position with consistent movement and confident stroke **on front (not underwater swimming)**, then tread water with ears above the surface for one minute. **Retesting is done each visit for swimmer’s safety. One test per day.**

Questions regarding pool rules?

YMCA - 856-691-0030

Aquatics Manager: aquatics@caymca.org (ext. 112)

You may also contact our Member Services Desk at ext. 101 or 102

EMERGENCIES:

1 Long whistle blast:

Signals an emergency – leave pool immediately.

1 Short whistle blast:

Signals lifeguard needs attention of a particular swimmer.

NO SWIMMING PERMITTED UNLESS LIFEGUARD IS ON DUTY

PLEASE SEE REVERSE SIDE FOR POOL RULES