



We build strong kids, strong families, strong communities.

January 2nd through June 6th

Cooper Street Branch * 7120 S. Cooper Street * 817.419.9629 * fax: 817.419.9640 * www.ymca-arlington.org

The Cooper Street YMCA has lap swim times, open swim times, swim lessons, water aerobics classes, and pool rentals that can be utilized at the indoor pool. The pool temperature is maintained between 85 and 86 degrees which is ideal for children and active older adults. Children love the giant umbrella and other water features in the play area of the pool. The zero-depth entry makes entry into and out of the pool easy. A handicap hydraulic water lift is also available upon request. Lifeguards are always on duty to ensure safety at the pool at all times. Please note the lap swim and open swim times below and the pool rules on the back of this page. The number of lanes and swimming times are subject to change.

Adult Lap Swim (16 years or older)

Monday-Thursday	*5:00 a.m.-8:00 a.m.	4 lanes
	8:00 a.m.-1:00 p.m.	1 lanes
	1:00 p.m. - 3:00 p.m.	Pool closed
	3:00 p.m.-9:00 p.m.	1 lane
*Only 2 lanes from 7:15 a.m. - 8:00 a.m. on Monday/Wednesday		
Friday	5:00 a.m.-8:00 a.m.	4 lanes
	8:00 a.m.-4:00 p.m.	2 lanes
	4:00 p.m.—5:00 p.m.	Pool Closed
	5:00 p.m. - 7:45 p.m.	2 lanes
Saturday	7:30 a.m. - 8:30 a.m.	2 lanes
	8:30 a.m. - 4:45 p.m.	1 lane
Sunday	Noon-1:00 p.m.	4 lanes
	1:00 p.m.-4:45 p.m.	1 lane

Family (Open) Swim

Family (Open) swim is a scheduled time for members and guests to utilize the open areas in the pool for recreational swim. Certain areas may be closed off due to other activities taking place.

Monday-Thursday	3:00 p.m.-4:45 p.m.	
	7:15 p.m.-9:00 p.m.	
Friday	Noon—4:00 p.m.	
	4:00 p.m.-5:00p.m.	Pool Closed
	5:00 p.m. -7:45 p.m.	
Saturday	Noon-4:45 p.m.	
Sunday	1:00 p.m.-4:45 p.m.	

*During school holidays pool schedule may be altered.

Cooper Street Branch Pool Rules

1. Children 7 years of age or younger must be accompanied by an adult.
2. Lap Swim is for adults 16 years of age or older.
3. Shower before entering the pool.
4. Inflatable flotation devices are prohibited.
5. Walk in the pool area.
6. Mask, fins and snorkels may only be used by lap swimmers. A mask may also be used during open swim times, but fins and snorkel are prohibited.
7. Horseplay or unnecessary roughness is not permitted.
8. Swimsuits must be worn. Cut-offs are not allowed.
9. No games on the pool deck.
10. Gum and glass containers must be left outside the pool area.
11. Sitting and hanging on lane lines or safety ropes is prohibited. Swimmers must swim under them not over them.
12. Equipment including kickboards, pull buoys and paddles are only to be used during lap swim or during lessons.
13. Smoking in the pool area is prohibited.
14. Sick/ill individuals will be excluded from water activities.
15. Flips, back dives, cartwheels, or jumping in backwards off of the side of the pool are prohibited.
16. Only coast guard approved life jackets are permitted. No other flotation devices are permitted.
17. Ladders are for only getting in and out of the water. Only one swimmer at a time on the ladder.
18. Swim diapers must be worn by all children wearing diapers in the pool.
19. Admission to the pool will be refused to people with infectious diseases, rashes, fevers, foot infections, open wounds, etc.
20. Band-aids are not permitted to be worn in the pool.
21. There must be a lifeguard(s) on duty at all times. Swimmer to lifeguard ratio is 25:1. Nobody may swim without a lifeguard(s) on duty.
22. Lifeguards have the authority to enforce any rules printed or verbal.
23. Any questions should be referred to a pool manager or the Aquatics Director.

If you have any additional questions please contact the front desk or Aquatics Director at (817) 419-9629 x211