



Oakland Y LAP POOL GUIDELINES

We offer double-occupancy lanes for swim sessions in the Lap Pool by reservation only. Lanes will be specifically designated as either Lap Swim or Water Walking lanes. Members must sign up for the type of reservation they will be using. Swimming in water walking lanes or walking in swimming lanes will not be allowed. For members that exercise using both swimming and walking should reserve the type that they primarily use.

HOW TO GET A RESERVATION

Download the YMCA of the East Bay app on your phone or go to ymcaeastbay.org/schedules to sign up.

Reservations must be made online through the app or website and can be made 24 hours prior to the start time of the session. No phone reservations will be accepted.

Session times will be listed on the app and on the website. Reservations are open to Oakland Y members only (13 years and older). Members are allowed to make a maximum of 1 swim reservation the day prior to the swim. Members are welcome to make a 2nd reservation, if there is space available, on the day of the swim. Members with 2 reservations may be asked to exit the water in between their reserved sessions.

BEFORE YOU COME TO THE Y

- Swimmers are encouraged to arrive 5 minutes before their session to allow time for check in process.
- Swimmers will receive a lane assignment prior to entering the pool. Lane assignments will be based on general swim speed.
- **Bring your own towel.** There is no towel service at the Y.
- Please maintain social distancing of six feet. Only two swimmers allowed per lane.
- Swimmers will enter their lane on the end opposite their lane partner and should plan to take all breaks on their entry side of the pool to promote social distancing.
- You are welcome to bring your own lap swim equipment. Kickboards, fins, and other shared equipment will not be provided by the Y.
- We encourage swimmers to enter/exit in their lane whenever possible. Please ensure proper social distancing when using ladders and stairs, and be respectful of other swimmers' workouts.
- There will be a transition period between sessions to allow for social distancing between swim groups. Swimmers must exit the pool immediately at the end of their swim session.

Additional swim hours will be added as capacity and staffing allow. **If you have specific questions, please contact:**

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