

**Multi- Use/ Lap Pool**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>5:30</b>	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	Fitness Swim	<b>Pool Closed</b>	<b>Pool Closed</b>
<b>6:00</b>	5:30-8:00	5:30-8:00	5:30-8:00	5:30-8:00	5:30-8:00		
<b>6:30</b>	Safety Break	Safety Break	Safety Break	Safety Break	Safety Break		
<b>7:00</b>	6:20-6:30	6:20-6:30	6:20-6:30	6:20-6:30	6:20-6:30	Swim Team (4 Lanes)	
<b>7:30</b>	7:20-7:30	7:20-7:30	7:20-7:30	7:20-7:30	7:20-7:30	Lap Swim (2 Lanes)	
<b>8:00</b>	Exercise (3 Lanes)	Open/Lap	Exercise (3 Lanes)	Exercise (3 Lanes)	Exercise (3 Lanes)	<b>7:00-9:15</b>	
<b>8:30</b>	Lap (3 Lanes)	<b>8:00-9:00</b>	Lap (3 Lanes)	Lap (3 Lanes)	Lap Swim (3 Lanes)		
<b>9:00</b>	Exercise (3)	Exercise (3)	Exercise (3)	Exercise (3)	Lap Swim (3 Lanes)	Swim Lessons (4 Lanes)	
<b>9:30</b>	Swim Lessons (2)	Swim Lessons (2)	Lap Swim (3)	Lap Swim (3)	<b>8:00-9:45</b>		
<b>10:00</b>	Lap Swim (1)	Lap (1)			Open/Lap	Lap Swim (2 Lanes)	
<b>10:30</b>					(3 lanes each)	<b>9:15-11:30</b>	
<b>11:00</b>	<b>9:00-12:00</b>	<b>9:00-12:00</b>	<b>9:00-12:00</b>	<b>9:00-12:00</b>	<b>9:45-12:00</b>		
<b>11:30</b>							
<b>12:00</b>	Open Swim (3 Lanes)	Exercise (3) Lap (3 Lanes)	Exercise (3) Lap (3 Lanes)	Exercise (3) Lap (3 Lanes)	Open Swim (3 Lanes)	Open Swim (3 Lanes)	Open Swim (3 Lanes) Lap Swim (3 Lanes) <b>1:00-4:30</b>
<b>12:30</b>	Lap Swim (3 Lanes)	<b>12:00-1:00</b>	<b>12:00-1:00</b>	<b>12:00-1:00</b>	Lap Swim (3 Lanes)		
<b>1:00</b>		Open/Lap 3 Lanes each	Open/Lap 3 Lanes each	Open/Lap 3 Lanes each	<b>12:00-2:30</b>		
<b>1:30</b>	<b>12:00-2:30</b>						
<b>2:00</b>	Swim Team (5) Lap(1)	Swim Team (5) Lap(1)	Swim Team (5) Lap(1)	Swim Team (5) Lap(1)	Swim Team (5) Lap(1)		
<b>2:30</b>	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
<b>3:00</b>	<b>NO LAP LANE</b>	<b>NO LAP LANE</b>	<b>NO LAP LANE</b>	<b>NO LAP LANE</b>	<b>NO LAP LANE</b>		
<b>3:30</b>							
<b>4:00</b>	<b>3:00-6:00</b>	<b>3:00-6:00</b>	<b>3:00-6:00</b>	<b>3:00-6:00</b>	<b>3:00-6:00</b>		
<b>4:30</b>							
<b>5:00</b>							
<b>5:30</b>							
<b>6:00</b>	Swim Team (4)	Swim Lessons (5)	Swim Lessons (5)	Swim Team (3)	Open Swim		
<b>6:30</b>	Swim Lessons (2)	Lap Swim (1)	Lap Swim (1)	Swim Lessons (3)	Lap Swim (3 lanes each)		
<b>7:00</b>	<b>NO LAP LANE</b>	<b>6:00-7:30</b>	<b>6:00-7:30</b>	<b>NO LAP LANE</b>	<b>6:00-7:30</b>		
<b>7:30</b>	<b>6:00-7:30</b>			<b>6:00-8:00</b>			
<b>8:00</b>	Exercise (3)	Open Swim	Exercise (3)	Open Swim	<b>Pool Closed</b>	<b>Pool Closed</b>	
<b>8:30</b>	Swim Team (3)	Lap Swim (3 Lanes Each)	Lap (3)	Lap Swim (3 Lanes Each)			
<b>9:00</b>	Open/Lap	<b>7:30-9:30</b>	Open/Lap	<b>8:00-9:30</b>			
<b>9:30</b>	<b>9:00-9:30</b>		<b>9:00-9:30</b>				
<b>10:00</b>	<b>Pool Closed</b>	<b>Pool Closed</b>	<b>Pool Closed</b>	<b>Pool Closed</b>			

**\*We reserve the right to close the lap lane for program use. Sharing of lanes may be necessary to accommodate all member's needs.**

**Pool Rules:**

- 1. All participants age 16 and under are required to take a swimming competency test before entering the water.**
- 2. Swimming Competency Test: 12 yards (Half the length of pool) & tread water for 30 seconds.**
- 3. Children under the age of 10 must be supervised by an adult, in the water, at all times.**
- 4. Non-swimmers under the age of 10 must have an adult within arms reach at all times.**
- 5. The ONLY flotation device permitted is a Coast Guard Approved lifejacket.**
- 6. Equipment such as barbells, kickboards, backfloats etc. are for YMCA program use only. Patrons may use noodles.**
- 7. Only patrons who have passed the swimming competency test are permitted in the deep end or on the water slide.**
- 8. No running on the pool deck.**
- 9. No diving in shallow water.**
- 10. No flips, twists, or entering the water backwards in the deep end. Head first surface dives only.**
- 11. Lap swim is defined as end to end swimming, for patrons 11 years of age and older.**

**Instructional Pool/ Small Pool**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	Arthritis Class	Arthritis Class	Arthritis Class	Arthritis Class	Arthritis Class	Arthritis Class	
9:30	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45	9:00-9:45	
10:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Ai Chi	Swim Lessons	
10:30	9:45-11:15	Ai Chi	9:45-11:15	9:45-11:30	9:50-10:30		
11:00	Water Fitness	10:45-11:30	Water Fitness		Water Fitness		
11:30	11:15-12:00		11:15-12:00		11:15-12:00	10:00-12:00	
12:00	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Open Swim 12:00-4:00	Open Swim 1:30-4:00
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00	Open Swim 4:00-6:00	Open Swim	Open Swim	Open Swim 4:30-7:15	Open Swim 4:30-7:30	Pool Closed	Pool Closed
4:30		4:00-5:30	4:00-5:30				
5:00							
5:30	Swim Lessons 6:00-7:15	Swim Lessons	Swim Lessons	Water Fitness 7:15-8:00			
6:00		5:30-7:30	5:30-7:30				
6:30							
7:00	Water Fitness 7:15-8:00	Pool Closed	Pool Closed	Pool Closed	Pool Closed		
7:30							
8:00							
8:30	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		
9:00							
9:30							

**Pool Rules**

1. All participants age 16 and under are required to take a swimming competency test before entering the water.
2. Swimming competency test: swimmers must be able to swim across pool and back & tread water for 30 seconds.
3. Children under the age of 10 must be supervised by an adult, in the water, at all times.
4. Non-swimmers under the age of 10 must have an adult within arms reach at all times.
5. To use the water slide, patrons must pass the swimming competency test.
6. The ONLY flotation device permitted is a Coast Guard Approved lifejacket.
7. Those patrons who require a flotation device are not permitted to use the water slide.
8. Equipment such as barbells, kickboards, backfloats etc. are for YMCA program use only. Patrons may use noodles.
9. No running on the pool deck.
10. No horseplay.
11. No diving.