



DOWNTOWN YMCA AQUATICS SCHEDULE

Winter One 2016

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim/Lap Swim Only 16 years and older All lanes must be shared no exceptions. Number of lanes available depends on number of participants in pool	5:00-8:15am All lanes open 8:15-9:00am 3 lanes open 9:00am-12:15pm All lanes open 12:15p-12:55p 2 lanes open 12:55pm-6:50pm All lanes open 7:25pm-8:30pm All lanes open	5:00-8:15am All lanes open 8:15am-11:45am All lanes open 12:30pm-8:30pm All lanes open	5:00am-12:15pm All lanes open 12:15pm-12:55pm 2 lanes open 12:55pm-7:30 pm All lanes open 7:30 pm-8:30pm 3 lanes open	5:00-11:45am All lanes open 12:30pm-8:30pm All lanes open	5:00-8:15am All lanes open 8:15-9:00 am 3 lanes open 9:00am-10:00am All lanes open 10:00-11:00am 2 lanes open 11:00am-8:30 pm All lanes open	7:00-9:00am All lanes open 9:00am-12:00pm 1 lane open 12:00-12:30pm All lanes open	7:00a-12:30p All lanes open
Adult Swim Lessons \$35 members \$70 non-members Begins week of 1-11-16 *During lessons lane availability varies*	6:50-7:25pm Adult Beginner	11:45am-12:30pm Adult Beginner	7:30-8:15pm Adult Intermediate	11:45am-12:30pm Adult Beginner		10:45am-11:30am Adult Intermediate 11:30am-12:15p Adult Beginner	
Open/Family Swim **Starting January 11th. Only at Learning Corridor 43 Vernon Street Hartford**	6:00-7:30pm 3 lanes available 7:30-8:15pm 6 lanes available	6:00-7:30pm 3 lanes available 7:30-8:15pm 6 lanes available	6:00-7:30pm 3 lanes available 7:30-8:15pm 6 lanes available	6:00-7:30pm 3 lanes available 7:30-8:15pm 6 lanes available	6:00-7:30pm 3 lanes available 7:30-8:15pm 6 lanes available		

IMPORTANT INFORMATION:

Schedule updated - 12/30/2015

Schedule effective - 1/1/2016-4/1/2016

For updates, visit www.downtownYMCA.org or like us on Facebook!

Downtown Hartford YMCA Pool Rules
The lifeguard has final authority and must be obeyed

- Please note that showering is required by the State of Connecticut prior to swimming in the pool or entering the whirlpool. It helps us maintain a clean facility.
- No swimming unless lifeguard is on duty
- Breath holding and prolonged submersion is not permitted for safety reasons
- Appropriate swimsuit required. No street clothes, cutoffs, biking tights, leotards or thongs. No street (tennis/enclosed) shoes on deck.
- The Downtown YMCA pool is only for use for members over the age of 13 years old
- No diving allowed in the pool
- No excessive conversations with lifeguard
- Improper behavior is not permitted (including profanity, vulgar language, spitting or blowing nose in water, etc.)
- Please do not swim in the pool if you are sick or have been recently sick. We need to close for accidents in pool
- Please note that during our Adult Swim times that some programming may take place. We appreciate your ability to share the pool with all members and the activities they enjoy in the pool

These rules are to ensure the safety of our patrons. Thank you for cooperation

Please see Deirdre Brickhouse, Aquatic Director with any comments, concerns or complaints. I want to hear from you. 860-522-4183 or email: Deirdre.brickhouse@ghymca.org