



# FARMINGTON VALLEY YMCA AQUATICS SCHEDULE - DIVE POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

[www.farmingtonvalleyYMCA.org](http://www.farmingtonvalleyYMCA.org)

860 653 5524

Summer 1

June 11 to July 23

posted 6.11.17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
3 FEET	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am WATER EXER. 10.00am-12.15pm Swim Lesson/CF 12.15pm-1.15pm OPEN SWIM 1.15pm-3.15pm Camp FV 3.15pm-4.00pm OPEN SWIM 4.00pm-6.30pm Swim Lessons 6.30pm-8.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.30am OPEN SWIM 8.30am-9.15am WATER EXER. 9.15am-10.00am Swim Lessons 10.00am-11.00am WATER EXER. 11.00am-12.00pm Camp FV 12.00pm-1.15pm OPEN SWIM 1.15pm-3.15pm Camp FV 3.15pm-4.00pm OPEN SWIM 4.00pm-6.30pm Swim Lessons 6.30pm-8.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am WATER EXER. 9.45am-10.30am OPEN SWIM 10.30am-12.40pm Swim Lessons/CF 12.40pm-1.15pm OPEN SWIM 1.15pm-3.15pm Camp FV 3.15pm-4.00pm OPEN SWIM 4.00pm-6.30pm Swim Lessons 6.30pm-8.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.30am OPEN SWIM 8.30am-9.15am WATER EXER. 9.15am-10.00am OPEN SWIM 10.00am-11.00am WATER EXER. 11.00am-12.00pm Camp FV 12.00pm-1.15pm OPEN SWIM 1.15pm-3.15pm Camp FV 3.15pm-4.00pm OPEN SWIM 4.00pm-6.30pm Swim Lessons 6.30pm-8.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.30am OPEN SWIM 8.30am-9.15am WATER EXER. 9.15am-10.00am OPEN SWIM 10.00am-11.00am WATER EXER. 11.00am-12.00pm Camp FV 12.00pm-1.15pm OPEN SWIM 1.15pm-3.15pm Camp FV 3.15pm-4.00pm OPEN SWIM 4.00pm-6.30pm Swim Lessons 6.30pm-8.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-9.30am OPEN SWIM 9.30am-11.45am Swim Lessons 11.00am-12:00pm Camp FV 12.00pm-1.15pm OPEN SWIM 1.15pm-3:15pm Camp FV 3.15pm-4.00pm OPEN SWIM 4.30pm-6:00pm Swim Lessons 6.00pm-7.45pm OPEN SWIM	7.30am-9.00pm OPEN SWIM 9.00am-12.00am Swim Lessons 12.50pm-1.00pm OPEN SWIM 1.00pm-2.15pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 2.15pm-3.30pm OPEN SWIM 3.30pm-4.30pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 4.30pm-6.45pm OPEN SWIM ^POOL SPACE LIMITED FOR LESSONS^	11.00am-11.15am OPEN SWIM 11.15am-12.35pm Swim Lessons ^POOL SPACE LIMITED FOR LESSONS^ 12.30pm-1.45pm POOL PARTY 1.30pm-2.30pm Swim Lessons (OPEN SWIM IF NO POOL PARTY) 2.00pm-5.45pm OPEN SWIM
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### IMPORTANT INFORMATION - A SAFE POOL IS A FUN POOL!

- All children under 12 must have an adult (18+) with them at all times. (On the pool deck.)
- All swimmers age 16 & younger must be swim tested.
- All swimmers age 16 & younger must have a green band to swim in the Lap Pool, 5ft and 12ft areas of the pool.
- All non-swimmers must wear an approved PFD. (Coast Guard Approved)
- All non-swimmers must be within arm's reach of an adult while in the water.
- No food or glass containers are allowed on the pool deck, only water is allowed.
- Strollers with children must be adjacent to the bleachers and never left unattended.
- Headfirst diving permitted in the 12ft section only.

### Have you had your SWIM TEST?

Remember to wear your green wrist band! A lifeguard will ask you to exit the pool without it.  
Need another one? No problem - bands can be purchased for \$1 at the front desk.

### IMPORTANT FACILITY INFORMATION

- All pool areas close 15 minutes prior to the facility.
- Please make sure you have proper swim attire before entering the water, bathing suits are required.
- The minimum age to use the whirlpool, steam room and suana is 18 years.
- Pools close for 30 minutes after each evidence of thunder or lightning.
- Visit our website for up to the hour ALERTS or CLOSURES:
- We must maintain a ratio of 1 lifeguard to 25 people in the pool. If we exceed that ratio we will close the pool to incoming members.

[www.farmingtonvalleyYMCA.org](http://www.farmingtonvalleyYMCA.org)

### MAKE A SPLASH!

Have your next birthday party at the Y! See Member Services for more information!

### IMPORTANT CLOSURE DATES



# AQUATICS SCHEDULE - LAP POOL

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<b>LANE 1</b>	5.30am-11:00am Lap Swim 11.00am-12.00pm Camp FV 12.00pm-1.15pm Lap Swim 1.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm swim lessons/ Swim Te 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 11.00am-12.00pm Camp FV 12.00pm-1.15pm Lap Swim 1.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm swim lessons/ Swim Te 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 11.00am-12.00pm Camp FV 12.00pm-1.15pm Lap Swim 1.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm swim lessons/ Swim Te 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 11.00am-12.00pm Camp FV 12.00pm-1.15pm Lap Swim 1.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm swim lessons/ Swim Te 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 11.00am-12.00pm Camp FV 12.00pm-1.15pm Lap Swim 1.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm swim lessons/ Swim Te 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 11.00am-12.00pm Camp FV 12.00pm-1.15pm Lap Swim 1.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-7.45pm swim lessons/ Swim Team	7.30am-7.45am Lap Swim 7.45am-10.30pm Y Swim Team 10.30am-1.00pm Swim Lessons 1.00pm-6.45pm Lap Swim	11.00am-12.00pm Lap Swim 12.00pm-2.00pm LEHY Swim Team 2.00pm-3.40pm Lap Swim 3.40pm-4.30pm Swim Lessons 4.30pm-5.45pm Lap Swim
<b>LANE 2</b>	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-1.00pm Lap Swim 1.00pm-3.00pm LEHY Swim Team 3.00pm-6.45pm Lap Swim	11.00am-12.00pm Lap Swim 12.00pm-2.00pm LEHY Swim Team 2.00pm-5.45pm Lap Swim
<b>LANE 3</b>	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-2:15pm Lap Swim 2.15pm-3.15pm Camp FV 3.15pm-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-1.00pm Lap Swim 1.00pm-3.00pm LEHY Swim Team 3.00pm-6.45pm Lap Swim	11.00am-12.00pm Lap Swim 12.00pm-2.00pm LEHY Swim Team 2.00pm-5.45pm Lap Swim
<b>LANE 4</b>	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 9.00pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-6.45pm Swim Lessons/Team 6.45pm-7.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-1.00pm Lap Swim 1.00pm-3.00pm LEHY Swim Team 3.00pm-6.45pm Lap Swim	11.00am-5.45pm Lap Swim
<b>LANE 5</b>	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swi m Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-6.45pm Swim Lessons/Team 6.45pm-7.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-6.45pm Lap Swim	11.00am-5.45pm Lap Swim
<b>LANE 6</b>	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-6.45pm Swim Lessons/Team 6.45pm-7.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-6.45pm Lap Swim	11.00am-5.45pm Lap Swim
<b>LANE 7</b>	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-8.15pm Swim Team 8.15pm-8.45pm Lap Swim	5.30am-4.45pm Lap Swim 4.45pm-6.45pm Swim Lessons/Team 6.45pm-7.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-6.45pm Lap Swim	11.00am-5.45pm Lap Swim
<b>LANE 8</b>	5.30am-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-11.30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-11.30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-11.30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-7.45pm Lap Swim	7.30am-6.45pm Lap Swim	11.00am-5.45pm Lap Swim
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### IMPORTANT INFORMATION

During Lap Swim, swimmers must swim full pool lengths continuously. "Circle Swimming" rules apply when two or more swimmers share a lane. Please allow faster swimmers to pass when necessary.

Instructors may request that Lap Swimmers share lanes to accommodate private swimming lessons or Green Wrist Band Tests. We appreciate your cooperation.

There may be times where only one lap lane is available to lap swimmers, we appreciate your patience and cooperation during these times.

During Peak Times of 4pm-6pm Monday- Friday - Lane 7 will only be available to members 18 years of age and older.