



# FARMINGTON VALLEY YMCA AQUATICS SCHEDULE - DIVE POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

www.farmingtonvalleyYMCA.org

860 653 5524

Summer 2

July 24th to August 27

posted 7.24.17

	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 <b>^POOL SPACE LIMITED FOR LESSONS^</b>	11.00am-11.15am OPEN SWIM 11.15am-12.35pm Swim Lessons <b>^POOL SPACE LIMITED FOR LESSONS^</b> 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**

### MAKE A SPLASH!

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

### IMPORTANT CLOSURE DATES

**Pool shutdown the week of August 28th**



# AQUATICS SCHEDULE - LAP POOL

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Summer 2

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LANE 1  
LANE 2  
LANE 3  
LANE 4  
LANE 5  
LANE 6  
LANE 7  
LANE 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am-11:00am	Lap Swim	5.30am-4.45pm Lap Swim	5.30am-4:45pm Lap Swim	5.30am-4.45pm Lap Swim	5.30am-4:45pm Lap Swim	7.30am-7.45am Lap Swim	11.00am-12.00pm Lap Swim
11.00am-12.00pm	Camp FV	11.00am-12.00pm Camp FV	11.00am-12.00pm Camp FV	11.00am-12.00pm Camp FV	11.00am-12.00pm Camp FV	7.45am-10.30pm Y Swim Team	12.00pm-2.00pm LEHY Swim Team
12.00pm-1.15pm	Lap Swim	12.00pm-1.15pm Lap Swim	12.00pm-1.15pm Lap Swim	12.00pm-1.15pm Lap Swim	12.00pm-1.15pm Lap Swim	10.30am-1.00pm Swim Lessons	2.00pm-3.40pm Lap Swim
1.15pm-3.15pm	Camp FV	1.15pm-3.15pm Camp FV	1.15pm-3.15pm Camp FV	1.15pm-3.15pm Camp FV	1.15pm-3.15pm Camp FV	1.00pm-6.45pm Lap Swim	3.40pm-4.30pm Swim Lessons
3.15pm-4.45pm	Lap Swim	3.15pm-4.45pm Lap Swim	3.15pm-4.45pm Lap Swim	3.15pm-4.45pm Lap Swim	3.15pm-4.45pm Lap Swim		4.30pm-5.45pm Lap Swim
4.45pm-8.15pm	swim lessons/ Swim Te	4.45pm-8.15pm swim lessons/ Swim Te	4.45pm-8.15pm swim lessons/ Swim Te	4.45pm-8.15pm swim lessons/ Swim Te	4.45pm-7.45pm swim lessons/ Swim Team		
8.15pm-8.45pm	Lap Swim	8.15pm-8.45pm Lap Swim	8.15pm-8.45pm Lap Swim	8.15pm-8.45pm Lap Swim			
5.30am-2:15pm	Lap Swim	5.30am-2:15pm Lap Swim	5.30am-2:15pm Lap Swim	5.30am-2:15pm Lap Swim	5.30am-2:15pm Lap Swim	7.30am-7.45am Lap Swim	11.00am-12.00pm Lap Swim
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4.45pm-8.15pm	Swim Team	4.45pm-8.15pm Swi m Team	4.45pm-8.15pm Swi m Team	4.45pm-8.15pm Swi m Team	4.45pm-6.45pm Swim Lessons/Team	7.45am-12.00pm Y Swim Team	
8.15pm-8.45pm	Lap Swim	8.15pm-8.45pm Lap Swim	8.15pm-8.45pm Lap Swim	8.15pm-8.45pm Lap Swim	6.45pm-7.45pm Lap Swim	12.00pm-6.45pm Lap Swim	
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4.00pm-6.00pm	ADULT Lap Swim	11.30am-12.15pm W. Aerobics	4.00pm-6.00pm ADULT Lap Swim	11.30am-12.15pm W. Aerobics	4.00pm-6.00pm ADULT Lap Swim		
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		11.30am-12.15pm W. Aerobics		11.30am-12.15pm W. Aerobics			
		12.15pm-8.45pm Lap Swim		12.15pm-8.45pm Lap Swim			

### 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. **Swim Teams Practices will end July 31st. Schedule will be updated**