



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dec 17-Jan 8

Winter Holiday Break 2017-2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 7:45 AM Lap Swim (8 lanes)	5:00 - 8:45 AM Lap Swim (8 lanes)	5:00-8:00 AM Lap Swim (8 lanes)	5:00-8:45 AM Lap Swim (8 lanes)	5:00 - 7:45 AM Lap Swim (8 lanes)	7:00 - 8:45 AM Lap Swim (8 lanes)	9:00 AM - 12:00 PM Lap Swim (8 lanes)
7:45 - 9:00 AM Lap Swim (4 lanes) Water Fitness (4 lanes, 8:00-8:55)	8:45 - 10:00 AM Lap Swim (5 lanes) Water Fitness (3 lanes, 9:00-9:45)	7:45 - 9:00 AM Lap Swim (4 lanes) Water Fitness (4 lanes, 8:00-8:55)	8:45 - 10:00 AM Lap Swim (5 lanes) Water Fitness (3 lanes, 9:00-9:45)	7:45 - 9:00 AM Lap Swim (4 lanes) Water Fitness (4 lanes, 8:00-8:55)		12:00 - 3:30 PM Lap Swim (5 lanes) Family Swim (3 lanes)
9:00 AM - 3:15 PM Lap Swim (8 lanes)	10:00 AM - 12:45 PM Lap Swim (8 lanes)	9:00 AM - 1:30 PM Lap Swim (8 lanes)		9:00 AM - 3:15 PM Lap Swim (8 lanes)	8:45 AM - 12:00 PM Lap Swim (8 lanes)	
		1:45 - 3:15 PM Lap Swim (4 lanes) Swim Team Rental (4 lanes)	10:00 AM - 12:45 PM Lap Swim (8 lanes)	3:15 - 6:00 PM Lap Swim (4 lanes) Swim Team Rental (4 lanes)		3:30 - 4:30 PM Lap Swim (8 lanes)
	12:45 - 2:00 PM Lap Swim (5 lanes) Water Fitness (3 lanes, 1:00-1:45)	3:15 - 4:15 PM Swim Team Rental (4 lanes 3:15 -4:15) Lap Swim (4 lanes 3:15 - 4:45)	12:45 - 2:00 PM Lap Swim (5 lanes) Water Fitness (3 lanes, 1:00-1:45)	6:00 - 6:30 PM Lap Swim (5 lanes) Swim Team (3 lanes)	12:00 - 6:30 PM Lap Swim (5 lanes) Family Swim (3 lanes)	4:30 - 5:30 PM Lap Swim (8 lanes)
3:15 - 4:15 PM Lap Swim (4 lanes) Swim Team Rental (4 lanes)	2:00 - 3:15 PM Lap Swim (8 lanes)	4:15 - 6:30 PM Lap Swim (5 lanes 4:15 - 6:30)	2:00 - 3:15 PM Lap Swim (8 lanes)	6:30 - 8:30 PM Lap Swim (2 lanes) Swim Team (6 lanes 6:30 - 8:00)		
4:15 - 5:45 PM Lap Swim (4 lanes) Swim Team Rental (4 lanes)			3:15 - 4:15 PM Lap Swim (4 lanes)			
			Swim Team Rental (4 lanes 3:15 - 4:15)			
5:45 - 6:30 PM Lap Swim (5 lanes) Swim Team (3 lanes)	3:15 - 5:45 PM Lap Swim (1 lane 4:00 -5:45) Swim lessons (3 lanes 4:00 - 6:30) Swim Team Rental (4 lanes)	6:30 - 7:00 PM Lap Swim (5 lanes) Hyro Running (3 lanes)	4:15 - 6:30 PM Lap Swim (4 lanes 4:00 - 5:30) Swim Team (4 lanes 4:15 -5:30) Water Fitness (3 lanes 5:30 - 6:30) Lap Swim (5 lanes 5:30 - 6:30)			
6:30 - 8:00 PM Lap Swim (2 lanes) Swim Team (6 lanes)	5:45 - 7:00 PM Lap Swim (2 lane 5:45 - 6:30) Swim lessons (3 lanes 4:00 - 6:30) Boot Camp (3 lanes, 6:00-7:00)		6:30 - 8:00 PM Lap Swim (2 lanes) Swim Team (6 lanes)			
8:00 - 9:30 PM Lap Swim (8 lanes)	7:00 - 9:30 PM Lap Swim (8 lanes)	7:00 - 9:30 PM Lap Swim (8 lanes)	8:00 - 9:30 PM Lap Swim (8 lanes)			
CLOSES AT 9:30 PM						

POOL CLOSES AT 8:30 PM POOL CLOSES AT 6:30 PM POOL CLOSES AT 5:30 PM

IMPORTANT INFORMATION

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.

Lap Pool Rules for Children Under 12 During Family Swim
To be allowed in the Lap Pool, all children under 12 years of age MUST either wear a lifejacket or be held by a parent or guardian over the age of 18, unless they have passed a swim test.

NO breath holding games or drills are permitted. NO head-first diving permitted, only feet-first forward facing pool entry.

Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are not allowed.

