



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:00am Lap Swim (8 lanes)	5:00-8:00am Lap Swim (8 lanes)	5:00-8:00am Lap Swim (8 lanes)	5:00-8:00am Lap Swim (8 lanes)	5:00-8:00am Lap Swim (8 lanes)	7:00-9:00AM Lap Swim (8 lanes)	9:00-11:30am lap swim (6 lanes) guard class (2 lanes)
8:00-9:00am Lap Swim (8 lanes)	8:00-9:00am Lap Swim (8 lanes)	8:00-9:00am water ex (4 lanes) lap swim (4 lanes)	9:00-10:00am Lap Swim (8 lanes)	8:00-9:00am water ex (4 lanes) lap swim (4 lanes)	9:00-11:30AM Swim lessons (4 lanes) LAP SWIM (4 LANES)	11:30-3:00pm lap swim (6 lanes) guard class 2 lanes
9:00-10:00am Lap Swim (8 lanes)	9:00-10:00am water ex 3 lanes lap swim (5 lanes)	9:00-2:30pm lap swim (8 lanes)	10:00-10:45am water ex (4 lanes) lap swim (4 lanes)	9:00-12:00pm lap swim (8lanes)	11:30-8:00pm family swimj (4 lanes) lap swim (4 lanes)	3:00-5:30pm Swim Lessons (4 lanes) guard class (2 lanes) lap swim (2 lanes) pool closes at 5:30pm
10:00-3:30pm lap swim (8 lanes)	10:00-3:30pm lap swim (8 lanes)	2:30-3:30pm Lap swim (6 lanes) family swim (2 lanes)	11:00-3:30pm lap swim (8 lanes)	12:30-3:30pm Lap Swim (8 lanes) 4:00-6:00pm lap swim (4 lanes) family swim (4 lanes)	8:00-8:30pm Lap Swim (8 lanes) Pool closes at 8:30pm	
3:30-4:25pm family swim (4 lanes) lap swim (4 lanes)	3:30-4:15pm Family Swim (4 lanes) lap swim (4 lanes)	3:30-4:25pm Family swim (4lanes) Lap swim (4 lanes)	3:30-4:15pm Family swim (4 lanes) Lap swim (4 lanes)	3:30-4:30pm family swim (3 lanes) lap swim (2 lanes)	<p>IMPORTANT INFORMATION: Effective: 5/1/2017 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.</p> <p>No breath holding games or drills are permitted . No diving is permitted.</p> <p>Children 10 and younger may swim laps with parent present after passing swim test. 10 and older may swim on their own after passing test. All children 16 and younger must take a swim test before being able to use lap pool.</p> <p>Durring family swim children under 10 may use the lap pool after passing swim test with a parent present.</p> <p>Schedule subject to change due to numbers and safety concerns</p>	
4:25-5:30pm swim lessons (4 lanes) Lap swim (4 lanes)	4:15-6pm swim lessons (4 lanes) lap swim (1 lanes)	4:25-6:00pm swim lessons (4 lanes) lap swim 4 lanes)	4:15-5:30pm swim lessons (4 lanes) lap swim (4 lanes)	4:30-6:00pm Family swim (3 lanes) lap swim (2 lanes)		
5:30-6:00pm swim lessons (3 lanes) Lap swim (2 lanes) family swim (3lanes)	6:00-7:00pm family swim (3 lanes) lap swim (2 lanes) water ex (3 lanes)	6:00-7:00pm Hydro Running (2 lanes) adult swim lessons (3 lanes) lap swim (3 lanes)	5:30-6:00pm water ex (3 lanes) swim lessons (3 lanes) lap swim (2 lanes)	6:00-8:00pm swim team (6 lanes) lap swim 2 lanes) family swim (3 lanes)		
6:00-8:00pm swim team (6 lanes) lap swim (5 lanes) 8:00-9:30pm lap swim (8 lanes)	7:00-8:30pm family swim (4 lanes) lap swim (4 lanes) 8:30-9:30pm Lap Swim (8 lanes)	7:00-8:00 adult lessons (3 lanes) lap swim (5 lanes) 8:00-9:30pm lap swim (8 lanes)	6:00-8:00pm swim team (6 lanes) lap swim (5 lanes) 8:30-9:30pm lap swim (8 lanes)	8:30-9:30pm lap swim (8 lanes)		



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - WARM WATER POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am adult leisure family swim in designated areas	7:00-9:00am adult leisure family swim in designated areas	7:00-9:00am adult leisure family swim in designated areas	7:00-8:30am adult leisure family swim in designated areas	7:00-9:00am adult leisure family swim in designated areas	7:00-9:00am adult leisure family swim in designated areas	9:00-10:00AM adult leisure family swim in designated areas
8:00-9:00am family swim	9:00-10:30am family swim	9:00-10:00am family swim	8:30-9:30am aqua yoga family in shallow 9:30-10:30am family swim	9:00-10:30am family swim	9:00-11:30AM SWIM LESSONS family in shallow only	10:00-12:00pm family swim
9:00-9:45am warm water conditioning family swim shallow only 9:45-10:30 Family swim 10:30-12pm swim lessons 12:00-12:45pm gentle joints family in designated areas	10:30-11:35am swim lessons family in shallow only 11:35-1:00pm family swim 12:00-1:00pm warm water conditioning family swim shallow only	10:00-12:00PM FAMILY SWIM 12:00-12:45pm gentle joints family swim in shallow only	10:30-11:05am swim lessons family in shallow 11:05-1:00pm family swim 1:00-1:45pm warm water ex swim lessons family in shallow areas	10:30-11:35am family swim 12:00-12:45pm gentle joints family in shallow only	11:30-2:30pm family swim 2:30-3:30pm birthday party shared family swim	12:00-1:00pm family swim 1:00-2:30pm family swim
12:45-4:00 family swim 4:00-5:05pm swim lessons family in shallow only	1:00-4:30pm family swim 4:30-6:10pm swim lessons family swim shallow only	12:45-4:00pm family swim 4:00-5:40pm swim lessons family swim shallow only	1:45-4:00pm family swim 4:30-5:35pm swim lessons family in shallow 5:35-9:00pm	12:45-9:00pm family swim	3:30-8:00pm family swim	2:00-3:00pm birthday party shared family swim 3:00-5:00pm swim lessons
5:00-6:00pm aquatic therapy family in shallow only 6:00-9:00pm family swim	6:10-9:00pm family swim	5:45-6:30pm warm water conditioning family in shallow only 6:30-9:00pm family swim	family swim	pool closes at 9:00pm	pool closes at 8:00pm	family swim in shallow only pool closes at 5:00pm

IMPORTANT INFORMATION:

Schedule effective - 5/1/2017
schedule subject to change due to numbers and safety concerns

Children under 5 and non swimmers must have a guardian in the pool with in arms reach at all times.

We are now offering pool birthday parties! For more information please contact Heather Smith at Heather.Smith@ghymca.org

We are in our Spring two session for swim lessons,, still open for registration!! Please contact Colleen Logan our Aquatics Director @ colleen.logan@ghymca.org