



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Feb 26 - Apr 15

SPRING SESSION 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 7:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 8:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 8AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 8:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 7:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	7 - 8:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	9AM - 10AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes)
7:45 - 9AM <ul style="list-style-type: none"> Member Lap Swim (4 lanes) Water Fitness (4 lanes, 8-8:55AM) 	8:45 - 10AM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Water Fitness (3 lanes, 9AM-9:45) 	7:45 - 9AM <ul style="list-style-type: none"> Member Lap Swim (4 lanes) Water Fitness (4 lanes, 8-8:55AM) 	8:45 - 10AM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Water Fitness (3 lanes, 9-9:45AM) 	7:45 - 9AM <ul style="list-style-type: none"> Member Lap Swim (4 lanes) Water Fitness (4 lanes, 8-8:55PM) 		10AM - 11AM <ul style="list-style-type: none"> Member Lap Swim (7 lanes) Swim Lessons (1 lane, 10:05-10:50AM)
9AM - 4:15PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	10AM - 12:45PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	9AM - 1:45PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	10AM - 12:45PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	9AM - 4:15PM <ul style="list-style-type: none"> Member Lap Swim (7 lanes, 9:30-10AM) Private Swim Lesson: (1 lane, 9:30-10AM) Member Lap Swim (8 lanes, 10AM-4:15PM) 	8:45AM - 12PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes, 8:45-12PM) Swim Lessons (3 lanes, 9AM-12PM) 	11AM - 3:30PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Family Swim (3 lanes)
4:15 - 5:45PM <ul style="list-style-type: none"> Member Lap Swim (7 lanes, 4-4:45PM) Member Lap Swim (1 lane, 4:45- 5:45PM) Swim Lessons (1 lane, 4:45 - 5:45PM) 	12:45 - 2PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes, 12:45-2PM) Water Fitness (3 lanes, 1PM-1:45PM) 	1:45 - 3:15PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	12:45 - 2PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Water Fitness (3 lanes, 1-1:45PM) 	4:15 - 6PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 		3:30 - 4:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes)
5:45 - 6PM <ul style="list-style-type: none"> Member Lap Swim (6 lane, 5:45- 6PM) Swim Lessons (2 lanes, 5:45 - 6:15PM) 	2 - 4PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	3:15 - 4:45PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes, 3:15-4:45PM) 	2 - 4PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes, 2- 3PM) Private Swim Lessons (1 lanes, 3 - 3:30PM) Member Lap Swim (7 lanes, 3 - 3:30PM) Member Lap Swim (8 lanes, 3:30PM-4PM) 	6 - 6:30PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Swim Team (3 lanes) 		4:30 - 5:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes)
6 - 7PM <ul style="list-style-type: none"> Swim Lessons (2 lanes, 6 - 6:30PM) Swim Team (6 lanes, 6PM - 7PM) Member Lap Swim (0 lanes, 6 - 6:15PM) Member Lap Swim (2 lanes, 6:15 - 7PM) 	4 - 4:45PM <ul style="list-style-type: none"> Swim Lessons (2 lane, 4- 4:45PM) Member Lap Swim (6 lane, 4 - 4:45PM) 	4:45 - 5:30PM <ul style="list-style-type: none"> Swim Lessons (1 lanes, 4:45-5:30PM) Member Lap Swim (7 lanes, 4:45-5:30PM) 	4 - 4:45PM <ul style="list-style-type: none"> Member Lap Swim (6 lane, 4-4:45PM) Swim Lessons (2 lanes, 4-4:45PM) 	6:30 - 8:30PM <ul style="list-style-type: none"> Member Lap Swim (2 lanes, 6:30-8PM) Swim Team (6 lanes 6:30-8PM) Member Lap Swim (8 lanes, 8-8:30PM) 	12 - 6:30PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Family Swim (3 lanes) 	
7 - 8PM <ul style="list-style-type: none"> Member Lap Swim (2 lanes) Swim Team (6 lanes) 	5:45 - 5:45PM <ul style="list-style-type: none"> Member Lap Swim (7 lanes, 4:45-5:45PM) Swim Lessons (1 lane, 5-5:45PM) 	5:30 - 6:30PM <ul style="list-style-type: none"> Swim Lessons (4 lanes, 5:30 - 6:30PM) Member Lap Swim (1 lane, 5:30 - 6:30PM) 	4:45 - 5:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes 4:45-5:30PM) 	POOL CLOSING AT 8:30 PM	POOL CLOSING AT 6:30 PM	POOL CLOSING AT 5:30 PM
8 - 9:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5:45PM - 7PM <ul style="list-style-type: none"> Swim Lessons (1 lane, 5:45-6:30PM) Member Lap Swim (1 lane 6:30 - 7PM) Water Fitness (3 lanes, 6-7PM) Swim Team Rental (4 lanes, 6-7PM) 	6:30 - 7PM <ul style="list-style-type: none"> Hyro Running (3 lanes, 6-6:30PM) 	5:30 - 6:30PM <ul style="list-style-type: none"> Water Fitness (3 lanes, 5:30-6:25PM) SHARED ZONE (4 LANES) Swim Lessons (1 lane, 5:45 - 6:30PM) Member Lap Swim (1 lane, 5:30-6:30PM) Swim Team Rental (3 lanes, 6-6:30PM) 	IMPORTANT INFORMATION		
	7 - 8PM <ul style="list-style-type: none"> Swim Lessons (1 lane, 7:15-8PM) Member Lap Swim (3 lanes 7PM -8PM) Swim Team Rental (4 lanes, 6-6:30PM) 	7 - 8PM <ul style="list-style-type: none"> Hyro Running (3 lanes, 6:30-7PM) Member Lap Swim (5 lanes, 6:30-7PM) 	6:30 - 8PM <ul style="list-style-type: none"> Member Lap Swim (2 lanes) Swim Team (6 lanes) 	<ul style="list-style-type: none"> Member Lap Swim <p>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>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.</p> <p>NO breath holding games or drills are permitted. NO head-first diving permitted, only feet-first forward facing pool entry.</p> <p>Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are not allowed.</p>		
	7 - 8PM <ul style="list-style-type: none"> Member Lap Swim (2 lanes) Swim Team (6 lanes) 	7 - 8PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	8 - 9:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	POOL CLOSING AT 9:30 PM		



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AQUATICS SCHEDULE - WARM WATER POOL

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Feb 26 - Apr 15

SPRING SESSION 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30 AM Adult Leisure Family Swim in shallow only	9AM - 1PM Family Swim
8:30AM - 12PM Family Swim	8:30 - 10:30AM Family Swim	8:30AM - 12PM Family Swim	8:30 - 10:30AM Family Swim	8AM - 12PM Family Swim	8:30 - 10AM Family Swim	9:30 - 10AM Swim Lessons (Deep Area) Family Swim
12PM - 12:45 PM Gentle Joints (12-12:45) Family Swim in shallow only	10:30AM - 11AM Swim Lessons (Deep Area) Family Swim in shallow only	12:00 - 12:45 PM Gentle Joints Family Swim in shallow only	10:30AM - 11:30AM Swim Lessons (Deep Area) Family Swim in shallow only	12 - 12:45PM Warm Water Conditioning Family Swim in shallow only	10 - 11:05AM Swim Lessons (Deep Area) Family Swim in shallow only	10AM - 1PM Family Swim
12:45 - 4PM Family Swim	11AM - 4:30PM Family Swim	12:45 - 4PM Family Swim	11:30AM - 4:30PM Family Swim	12:45 - 3:30PM Family Swim	11:05AM - 1PM Family Swim	
4 - 4:30PM Swim Lessons (Deep Area) Family Swim in shallow only		4 - 4:30PM Swim Lessons (Deep Area) Family Swim in shallow only			1 - 2PM Shared Pool Family Swim/Birthday Party	1 - 2PM Shared Pool Family Swim/Birthday Party
				3:30 - 8:30PM Family Swim	2 - 6:30 PM Family Swim	2 - 5:30 PM Family Swim
				POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 6:30PM	POOL CLOSSES AT 5:30PM
4:30 - 5:45PM Family Swim	4:30 - 5:30PM Swim Lessons (Deep Area) Family Swim in shallow only	4:30 - 5:45PM Family Swim	4:30 - 5:30PM Swim Lessons (Deep Area) Family Swim in shallow only		IMPORTANT INFORMATION Children 5 and under and non swimmers must have a guardian in the pool within arms reach at all times. Children 8 years of age and under must have a guardian on the pool deck. Children 9 - 12 years of age must have a guardian in the aquatic area. NO breath holding games or drills are permitted. NO head-first diving permitted, only feet-first forward facing pool entry. NO mermaid type fins or tails permitted. Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are	
5:45PM - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only		5:45PM - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only				
6:15 - 9PM Family Swim	5:30 - 9PM Family Swim	6:15 - 9PM Family Swim	5:30 - 9PM Family Swim			
POOL CLOSSES AT 9PM						