



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sept 11-Oct 29 Fall 1 Session 2017

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 PM Lap Swim (8 lanes)	9:00 – 12:00 PM Lap Swim (8 lanes)
7:45 – 9:15 AM Lap Swim (5 lanes) Water Fitness (3 lanes, 8:00-8:55)	8:45 – 10:00 AM Lap Swim (5 lanes) Water Fitness (3 lanes, 9:00-9:45)	7:45 – 9:15 AM Lap Swim (5 lanes) Water Fitness (3 lanes, 8:00-8:55)	8:45 – 10:00 AM Lap Swim (5 lanes) Water Fitness (3 lanes, 9:00-9:45)	7:45 – 9:15 AM Lap Swim (5 lanes) Water Fitness (3 lanes, 8:00-8:55)	8:45 – 12:00 PM Lap Swim (5 lanes) Swim Lessons (3 lanes)	12:00 – 3:30 PM Lap Swim (5 lanes) Family Swim (3 lanes)
9:15 – 4:30 PM Lap Swim (8 lanes)	10:00 – 12:45 PM Lap Swim (8 lanes)	9:15 – 4:30 PM Lap Swim (8 lanes)	10:00 – 12:45 AM Lap Swim (8 lanes)	9:15 – 6:00 PM Lap Swim (8 lanes)		3:30 – 4:30 PM Lap Swim (6 lanes) Swim Lessons (2 lanes)
	12:45 – 2:00 PM Lap Swim (5 lanes) Water Fitness (3 lanes, 1:00-1:45)	4:30 – 6:00 PM Lap Swim (5 lanes) Swim Lessons (3 lanes)	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)
	2:00 – 3:45 PM Lap Swim (8 lanes)		2:00 – 3:45 PM Lap Swim (8 lanes)	6:30 – 8:30 PM Lap Swim (2 lanes) Swim Team (6 lanes)		
4:30 – 5:45 PM Lap Swim (5 lanes) Swim Lessons (3 lanes)			3:45 – 5:30 PM Lap Swim (6 lanes) Swim Lessons (2 lanes)	Pool closes at 8:30 PM		Pool closes at 5:30 PM
5:45 – 6:30 PM Lap Swim (5 lanes) Swim Team (3 lanes)	3:45 – 5:30 PM Lap Swim (5 lanes) Swim lessons (3 lanes)	6:00 – 7:00 PM Lap Swim (2 lanes) Swim Lessons (3 lanes) Hyro Running (3 lanes)	5:30 – 6:30 PM Lap Swim (1 lanes) Swim Lessons (1 lanes) Swim Team (3 lanes) Water Fitness (3 to 2 lanes)	Pool closes at 6:30 PM		
6:30 – 8:00 PM Lap Swim (2 lanes) Swim Team (6 lanes)	5:30 – 7:00 PM Lap Swim (2 lanes) Swim lessons (3 lanes) Boot Camp (3 lanes, 6:00-7:00)	7:00 – 8:00 PM Lap Swim (7 lanes) Swim Lessons (1 lane)	6:30 – 8:00 PM Lap Swim (2 lanes) Swim Team (6 lanes)	Pool closes at 6:30 PM		
8:00 – 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)	8:00 – 9:30 PM Lap Swim (8 lanes)	Pool closes at 6:30 PM		
Pool closes at 9:30 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

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



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

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sept 11-Oct 29

Fall 1 Session 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 – 8:30 AM Adult Leisure Family Swim in shallow only	7:00 – 8:30 AM Adult Leisure Family Swim in shallow only	7:00 – 8:30 AM Adult Leisure Family Swim in shallow only	7:00 – 8:30 AM Adult Leisure Family Swim in shallow only	7:00 – 8:30 AM Adult Leisure Family Swim in shallow only	7:00 – 8:30 AM Adult Leisure Family Swim in shallow only	9:00 – 1:00 PM Family Swim
8:30 – 10:30 AM Family Swim	8:30 – 10:30 AM Family Swim	8:30 – 10:30 AM Family Swim	8:30 – 10:30 AM Family Swim	8:00-12:00pm Family Swim	8:30 – 10:00 AM Family Swim	
10:30 – 11:45 AM Family Swim in shallow only Swim Lessons	10:30 – 11:35 AM Swim Lessons Family Swim in shallow only	12:00 – 12:45 PM Gentle Joints Family Swim in shallow only	10:30 – 11:00 AM Swim Lessons Family Swim in shallow only	12:00-12:45pm Warm water Conditioning Family swim in shallow only	10:00 – 11:05 AM Family Swim in shallow only Swim Lessons	1:00 – 2:00 PM Shared Pool Family Swim/Birthday Party
11:45 – 12:45 PM Family Swim in shallow only Gentle Joints (12-12:45)	11:35 – 5:00 PM Family Swim	12:45 – 4:00 PM Family Swim	11:00 – 5:00 PM Family Swim		11:05 – 1:00 PM Family Swim	
12:45 – 4:00 PM Family Swim		4:00 – 4:30 PM Family Swim in shallow only Swim Lessons		12:45 – 8:00 PM Family Swim	1:00 – 2:00 PM Shared Pool Family Swim/Birthday Party	2:00 – 5:30 PM Family Swim
4:00 – 4:30 PM Family Swim in shallow only Swim Lessons		4:30 – 5:45 PM Family Swim		POOL CLOSSES at 8:30 PM	2:00 – 6:30 PM Family Swim	
4:30 – 5:45 PM Family Swim	5:00 – 5:30 PM Family Swim in shallow only Swim Lessons	5:45 – 6:15 PM Family Swim in shallow only Swim Lessons	5:00 – 5:30 PM Family Swim in shallow only Swim Lessons	IMPORTANT INFORMATION Children 5 and under and non swimmers must have a guardian in the pool within arms reach at all times. Children 8 and under must have a guardian on the pool deck. Children 9 – 12 must have a guardian in the aquatic area. Next session of 6 weeks of swim lessons begins Sept 11th. NO breath holding games or drills are permitted. NO mermaid type fins or tails permitted. Only Coast Guard Approved Lifejackets are allowed. Other flotation aids, including "mermaid		
5:45 – 6:15 PM Family Swim in shallow only Swim Lessons						
6:15 – 9:00 PM Family Swim	5:30 – 9:00 PM Family Swim	6:15 – 9:00 PM Family Swim	5:30 – 9:00 PM Family Swim	POOL CLOSSES AT 9:00pm		