



# Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

April 16 - April 22

BREAK WEEK APRIL 2018

POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 7AM	POOL OPENS AT 9AM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5 - 7:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 8:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 8AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 8:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 7:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>		
<b>7:45 - 9AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 lanes, 8-8:55AM)</li> </ul>	<b>8:45 - 10AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Water Fitness (3 lanes, 9AM-9:45)</li> </ul>	<b>7:45 - 9AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 lanes, 8-8:55AM)</li> </ul>	<b>8:45 - 10AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Water Fitness (3 lanes, 9-9:45AM)</li> </ul>	<b>7:45 - 9AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 lanes, 8-8:55AM)</li> </ul>	<b>7:45 AM - 12:45 PM</b> <b>Member Lap Swim</b> <b>8 Lanes</b>	<b>7:45 AM - 11:00 AM</b> <b>Member Lap Swim</b> <b>8 Lanes</b>
	<b>10AM - 12:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>		<b>10AM - 12:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>			
	<b>12:45 - 2PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes, 12:45-2PM)</li> <li>Water Fitness (3 lanes, 1PM-1:45PM)</li> </ul>		<b>12:45 - 2PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Water Fitness (3 lanes, 1-1:45PM)</li> </ul>	<b>9:00 AM - 7:30 PM</b> <b>Member Lap Swim</b> <b>8 Lanes</b>	<b>12:45 PM - 3:30 PM</b> <b>Member Lap Swim (5 Lanes)</b> <b>Family Swim (3 Lanes)</b>	<b>11:00 AM - 3:30PM</b> <b>Member Lap Swim (5 Lanes)</b> <b>Family Swim (3 Lanes)</b>
	<b>2 - 5:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>		<b>2 - 5:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>POOL CLOSURES AT 7:30PM</b>	<b>POOL CLOSURES AT 3:30PM</b>	
<b>9:00 AM - 8:30 PM</b> <b>Member Lap Swim</b> <b>8 Lanes</b>	<b>5:45PM - 7PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lane 6 - 7PM)</li> <li>Water Fitness (3 lanes, 6-7PM)</li> </ul>	<b>9:00 AM - 8:30 PM</b> <b>Member Lap Swim</b> <b>8 Lanes</b>	<b>5:30 - 6:30PM</b> <ul style="list-style-type: none"> <li>Water Fitness (4 lanes, 5:30-6:25PM)</li> <li>Member Lap Swim (4 lanes, 5:30-6:30PM)</li> </ul>			
	<b>7 - 8:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes 7PM -8:30PM)</li> </ul>		<b>6:30- 8:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>			
<b>POOL CLOSURES AT 8:30PM</b>						

### IMPORTANT INFORMATION

- Member Lap Swim
- 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.



# Hale YMCA Youth & Family Center

## AQUATICS SCHEDULE -WARM WATER POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

April 16 - April 22

BREAK WEEK APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 9AM</b>
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	
				8AM - 12PM Family Swim		9 - 1:00 PM Family Swim
8:30AM - 12:00 PM Family Swim		8:30AM - 12:00 PM Family Swim		12 - 12:45PM Warm Water Conditioning Family Swim in shallow only	8:30 - 2:00 PM Family Swim	
				12:45 - 7:30 PM Family Swim (Please note, pool may be shared with YMCA Camp kids)	2 - 3:30 PM Shared Pool Family Swim/Healthy Kids Day	1 - 2PM Shared Pool Family Swim/Birthday Party
12PM - 12:45 PM Gentle Joints (12-12:45) Family Swim in shallow only		12PM - 12:45 PM Gentle Joints (12-12:45) Family Swim in shallow only				2 - 3:30 PM Family Swim
	8:30 AM - 8:30 PM Family Swim (Please note, pool may be shared with YMCA Camp kids)		8:30 AM - 8:30 PM Family Swim (Please note, pool may be shared with YMCA Camp kids)			
				<b>POOL CLOSSES AT 7:30PM</b>	<b>POOL CLOSSES AT 3:30PM</b>	
12:45PM - 8:30 PM Family Swim		12:45PM - 8:30 PM Family Swim (Please note, pool may be shared with YMCA Camp kids)		<p align="center"><b>IMPORTANT INFORMATION</b></p> <p>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.</p> <p>NO breath holding games or drills are permitted.</p> <p>NO head-first diving permitted, only feet-first forward facing pool entry.</p> <p>NO mermaid type fins or tails permitted.</p> <p>Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are not allowed.</p>		
<b>POOL CLOSSES AT 8:30PM</b>						