



# 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  |
|--|---|--|--|---|--|---|
| <b>5 - 7:45AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>5 - 8:45AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>5 - 8AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>5 - 8:45AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>5 - 7:45AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>7 - 8:45AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>9AM - 10AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  |
| <b>7:45 - 9AM</b><br><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><br><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><br><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><br><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><br><ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 lanes, 8-8:55PM)</li> </ul>   |  | <b>10AM - 11AM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (7 lanes)</li> <li>Swim Lessons (1 lane, 10:05-10:50AM)</li> </ul> |
| <b>9AM - 4:15PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>10AM - 12:45PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>9AM - 1:45PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>10AM - 12:45PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>9AM - 4:15PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (7 lanes, 9:30-10AM)</li> <li>Private Swim Lesson: (1 lane, 9:30-10AM)</li> <li>Member Lap Swim (8 lanes, 10AM-4:15PM)</li> </ul> | <b>8:45AM - 12PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes, 8:45-12PM)</li> <li>Swim Lessons (3 lanes, 9AM-12PM)</li> </ul> | <b>11AM - 3:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>              |
| <b>4:15 - 5:45PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (7 lanes, 4-4:45PM)</li> <li>Member Lap Swim (1 lane, 4:45- 5:45PM)</li> <li>Swim Lessons (1 lane, 4:45 - 5:45PM)</li> </ul>                                  | <b>12:45 - 2PM</b><br><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>1:45 - 3:15PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>12:45 - 2PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Water Fitness (3 lanes, 1-1:45PM)</li> </ul>   | <b>4:15 - 6PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  |  | <b>3:30 - 4:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   |
| <b>5:45 - 6PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (6 lane, 5:45- 6PM)</li> <li>Swim Lessons (2 lanes, 5:45 - 6:15PM)</li> </ul>  | <b>2 - 4PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>3:15 - 4:45PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes, 3:15-4:45PM)</li> </ul>   | <b>2 - 4PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes, 2- 3PM)</li> <li>Private Swim Lessons (1 lanes, 3 - 3:30PM )</li> <li>Member Lap Swim (7 lanes, 3 - 3:30PM )</li> <li>Member Lap Swim (8 lanes, 3:30PM-4PM )</li> </ul>                               | <b>6 - 6:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Swim Team (3 lanes)</li> </ul>   |  | <b>4:30 - 5:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   |
| <b>6 - 7PM</b><br><ul style="list-style-type: none"> <li>Swim Lessons (2 lanes, 6 - 6:30PM)</li> <li>Swim Team (6 lanes, 6PM - 7PM)</li> <li>Member Lap Swim (0 lanes, 6 - 6:15PM)</li> <li>Member Lap Swim (2 lanes, 6:15 - 7PM)</li> </ul> | <b>4 - 4:45PM</b><br><ul style="list-style-type: none"> <li>Swim Lessons (2 lane, 4- 4:45PM)</li> <li>Member Lap Swim (6 lane, 4 - 4:45PM)</li> </ul>   | <b>4:45 - 5:30PM</b><br><ul style="list-style-type: none"> <li>Swim Lessons (1 lanes, 4:45-5:30PM)</li> <li>Member Lap Swim (7 lanes, 4:45-5:30PM)</li> </ul>    | <b>4 - 4:45PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (6 lane, 4-4:45PM)</li> <li>Swim Lessons (2 lanes, 4-4:45PM)</li> </ul>  | <b>6:30 - 8:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes, 6:30-8PM)</li> <li>Swim Team (6 lanes 6:30-8PM)</li> <li>Member Lap Swim (8 lanes, 8-8:30PM)</li> </ul>                | <b>12 - 6:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>                         |   |
| <b>7 - 8PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes)</li> <li>Swim Team (6 lanes)</li> </ul>   | <b>5:45 - 5:45PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (7 lanes, 4:45-5:45PM)</li> <li>Swim Lessons (1 lane, 5-5:45PM)</li> </ul>   | <b>5:30 - 6:30PM</b><br><ul style="list-style-type: none"> <li>Swim Lessons (4 lanes, 5:30 - 6:30PM)</li> <li>Member Lap Swim (1 lane, 5:30 - 6:30PM)</li> </ul> | <b>4:45 - 5:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes 4:45-5:30PM)</li> </ul>  | <b>POOL CLOSING AT 8:30 PM</b>  | <b>POOL CLOSING AT 6:30 PM</b>   | <b>POOL CLOSING AT 5:30 PM</b>  |
| <b>8 - 9:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>5:45PM - 7PM</b><br><ul style="list-style-type: none"> <li>Swim Lessons (1 lane, 5:45-6:30PM)</li> <li>Member Lap Swim (1 lane 6:30 - 7PM)</li> <li>Water Fitness (3 lanes, 6-7PM)</li> <li>Swim Team Rental (4 lanes, 6-7PM)</li> </ul> | <b>6:30 - 7PM</b><br><ul style="list-style-type: none"> <li>Hyro Running (3 lanes, 6:30-7PM)</li> <li>Member Lap Swim (5 lanes, 6:30-7PM)</li> </ul>             | <b>5:30 - 6:30PM</b><br><ul style="list-style-type: none"> <li>Water Fitness (3 lanes, 5:30-6:25PM)</li> <li>SHARED ZONE (4 LANES)</li> <li>Swim Lessons (1 lane, 5:45 - 6:30PM)</li> <li>Member Lap Swim (1 lane, 5:30-6:30PM)</li> <li>Swim Team Rental (3 lanes, 6-6:30PM)</li> </ul> |   |  |   |
|  | <b>7 - 8PM</b><br><ul style="list-style-type: none"> <li>Swim Lessons (1 lane, 7:15-8PM)</li> <li>Member Lap Swim (3 lanes 7PM -8PM)</li> <li>Swim Team Rental (4 lanes, 6-6:30PM)</li> </ul>   | <b>7 - 8PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>6:30 - 8PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes)</li> <li>Swim Team (6 lanes)</li> </ul>  |   |  |   |
|  | <b>7 - 8PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes)</li> <li>Swim Team (6 lanes)</li> </ul>  | <b>7 - 8PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>6:30 - 8PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes)</li> <li>Swim Team (6 lanes)</li> </ul>  |   |  |   |
|  | <b>8 - 9:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>  | <b>8 - 9:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   | <b>8 - 9:30PM</b><br><ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>   |   |  |   |
| <b>POOL CLOSING AT 9:30 PM</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

Feb 26 - Apr 15

SPRING SESSION 2018

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|--|---|--|--|--|---|--|
| 7 - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only                 | 7 - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only                | 7 - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only                 | 7 - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only                   | 7 - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only   | 7 - 8:30 AM<br>Adult Leisure<br>Family Swim in shallow only             | 9AM - 1PM<br>Family Swim                               |
| 8:30AM - 12PM<br>Family Swim   | 8:30 - 10:30AM<br>Family Swim   | 8:30AM - 12PM<br>Family Swim   | 8:30 - 10:30AM<br>Family Swim  | 8AM - 12PM<br>Family Swim  | 8:30 - 10AM<br>Family Swim  | 9:30 - 10AM<br>Swim Lessons (Deep Area)<br>Family Swim |
| 12PM - 12:45 PM<br>Gentle Joints (12-12:45)<br>Family Swim in shallow only | 10:30AM - 11AM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only | 12:00 - 12:45 PM<br>Gentle Joints<br>Family Swim in shallow only           | 10:30AM - 11:30AM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only | 12 - 12:45PM<br>Warm Water Conditioning<br>Family Swim in shallow only   | 10 - 11:05AM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only | 10AM - 1PM<br>Family Swim                              |
| 12:45 - 4PM<br>Family Swim   | 11AM - 4:30PM<br>Family Swim  | 12:45 - 4PM<br>Family Swim   | 11:30AM - 4:30PM<br>Family Swim  | 12:45 - 3:30PM<br>Family Swim  | 11:05AM - 1PM<br>Family Swim  |  |
| 4 - 4:30PM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only      |   | 4 - 4:30PM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only      |  |  | 1 - 2PM<br>Shared Pool<br>Family Swim/Birthday Party                    | 1 - 2PM<br>Shared Pool<br>Family Swim/Birthday Party   |
|  |   |  |  | 3:30 - 8PM<br>Family Swim  | 2 - 6:30 PM<br>Family Swim  | 2 - 5:30 PM<br>Family Swim                             |
|  |   |  |  | <b>POOL CLOSSES AT 8:30PM</b>  | <b>POOL CLOSSES AT 6:30PM</b>   | <b>POOL CLOSSES AT 5:30PM</b>                          |
| 4:30 - 5:45PM<br>Family Swim   | 4:30 - 5:30PM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only  | 4:30 - 5:45PM<br>Family Swim   | 4:30 - 5:30PM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only     | <div style="background-color: #008080; color: white; padding: 10px; border-radius: 10px;"> <p style="text-align: center; margin: 0;"><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</p> </div> |   |  |
| 5:45PM - 6:15PM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only |   | 5:45PM - 6:15PM<br>Swim Lessons (Deep Area)<br>Family Swim in shallow only |  |  |   |  |
| 6:15 - 9PM<br>Family Swim  | 5:30 - 9PM<br>Family Swim   | 6:15 - 9PM<br>Family Swim  | 5:30 - 9PM<br>Family Swim  | <b>POOL CLOSSES AT 9PM</b>   |   |  |