

AQUATICS SCHEDULE - LAP POOL - LAP SWIM LANE SCHEDULE

Hale YMCA Youth & Family Center

Winter Break Session

Monday 12/17/2018 - Sunday 01/06/2019

posted 12DEC18

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--|--|--|--|--|-------------------------|-------------------------|
| LANE 1 | 5:00AM-7:45AM Lap Swim 9:00AM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-12:45PM Lap Swim 2:00PM-5:30PM Lap Swim 7:45PM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-12:45PM Lap Swim 2:00PM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-7:30PM Lap Swim | 7:00AM-11:15AM Lap Swim | 9:00AM-12:15PM Lap Swim |
| LANE 2 | 5:00AM-7:45AM Lap Swim 9:00AM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-12:45PM Lap Swim 2:00PM-5:30PM Lap Swim 7:45PM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-12:45PM Lap Swim 2:00PM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-7:30PM Lap Swim | 7:00AM-11:15AM Lap Swim | 9:00AM-12:15PM Lap Swim |
| LANE 3 | 5:00AM-7:45AM Lap Swim 9:00AM-6:15PM Lap Swim 7:30PM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-12:45PM Lap Swim 2:00PM-5:30PM Lap Swim 7:45PM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-12:45PM Lap Swim 2:00PM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-5:30PM Lap Swim | 7:00AM-11:15AM Lap Swim | 9:00AM-12:15PM Lap Swim |
| LANE 4 | 5:00AM-7:45AM Lap Swim 9:00AM-5:30PM Lap Swim 7:30PM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-8:30PM Lap Swim | 5:00AM-8:45AM Lap Swim 10:00AM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-7:45AM Lap Swim 9:00AM-5:30PM Lap Swim | 7:00AM-3:30PM Lap Swim | 9:00AM-3:30PM Lap Swim |
| LANE 5 | 5:00AM-5:30PM Lap Swim 7:30PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim 7:45PM-8:30PM Lap Swim | 5:00AM-8:30PM Lap Swim | 5:00AM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim | 7:00AM-3:30PM Lap Swim | 9:00AM-3:30PM Lap Swim |
| LANE 6 | 5:00AM-5:30PM Lap Swim 7:30PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim 7:45PM-8:30PM Lap Swim | 5:00AM-8:30PM Lap Swim | 5:00AM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim | 7:00AM-3:30PM Lap Swim | 9:00AM-3:30PM Lap Swim |
| LANE 7 | 5:00AM-5:30PM Lap Swim 7:30PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim 7:45PM-8:30PM Lap Swim | 5:00AM-5:15PM Lap Swim 6:30PM-8:30PM Lap Swim | 5:00AM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim | 7:00AM-3:30PM Lap Swim | 9:00AM-3:30PM Lap Swim |
| LANE 8 | 5:00AM-5:30PM Lap Swim 7:30PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim 7:45PM-8:30PM Lap Swim | 5:00AM-5:15PM Lap Swim 6:30PM-8:30PM Lap Swim | 5:00AM-5:15PM Lap Swim 6:45PM-8:30PM Lap Swim | 5:00AM-5:30PM Lap Swim | 7:00AM-3:30PM Lap Swim | 9:00AM-3:30PM Lap Swim |

IMPORTANT INFORMATION

Lap Swim - Swimmers must swim full pool lengths continuously. "Circle Swimming" rules apply when two or more 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 of 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 aid, including "mermaid fins", are not allowed.