



# Hale YMCA Youth & Family Center

## AQUATICS SCHEDULE - LAP POOL

Winter Session 1: Monday 01/07/2019 - Sunday 02/24/2019

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|---|--|---|
| <b>POOL OPENS AT 5AM</b>   | <b>POOL OPENS AT 5AM</b>  | <b>POOL OPENS AT 5AM</b>   | <b>POOL OPENS AT 5AM</b>  | <b>POOL OPENS AT 5AM</b>   | <b>POOL OPENS AT 5AM</b>  |
| 5:00AM - 7:45AM<br>• Member Lap Swim (8 lanes)   | 5:00AM - 8:45AM<br>• Member Lap Swim (8 lanes)  | 5:00AM - 7:45AM<br>• Member Lap Swim (8 lanes)   | 5AM - 8:45AM<br>• Member Lap Swim (8 lanes)   | 5:00AM - 7:45AM<br>• Member Lap Swim (8 lanes)   | 7:00AM - 9:00AM<br>• Member Lap Swim (8 lanes)  |
| 7:45AM - 9:00AM<br>• Member Lap Swim (4 lanes)<br>Aqua Fitness (4 lanes, 8-8:55AM)   | 8:45AM - 10:00AM<br>• Member Lap Swim (4 lanes)<br>Aqua Fitness (4 lanes, 9AM - 9:45AM)   | 7:45AM - 9:00AM<br>• Member Lap Swim (4 lanes)<br>Aqua Fitness (4 lanes, 8-8:55AM)   | 8:45AM - 10:00AM<br>• Member Lap Swim (4 lanes)<br>Aqua Fitness (4 lanes, 9-9:45AM)   | 7:45AM - 9:00AM<br>• Member Lap Swim (4 lanes)<br>Aqua Fitness (4 Lanes, 8:00AM - 8:55AM)  | 9:00AM - 9:30AM<br>• Member Lap Swim (4 lanes)<br>Swim Lessons (2 lanes, 9:00AM - 9:30AM) |
| 9:00AM - 3:15PM<br>• Member Lap Swim (8 lanes)   | 10:00AM - 3:15PM<br>• Member Lap Swim (8 lanes)   | 9:00AM - 1:45PM<br>• Member Lap Swim (8 lanes)   | 10:00AM - 3:15PM<br>• Member Lap Swim (8 lanes)   | 9:00AM - 3:15PM<br>• Member Lap Swim (8 lanes)   |   |
| 3:15PM - 3:45PM<br>• Member Lap Swim (4 lanes)<br>Swim Team (4 lanes, 3:15PM - 3:45PM)   | 3:15PM - 3:45PM<br>• Member Lap Swim (4 lanes)<br>Swim Team (4 lanes, 3:15PM - 3:45PM)  | 1:45PM - 4:30PM<br>• Member Lap Swim (4 lanes)<br>Swim Team (4 lanes, 1:45PM - 4:15PM)   | 3:15PM - 3:45PM<br>• Member Lap Swim (4 lanes)<br>Swim Team (4 lanes, 3:15PM - 3:45PM)  | 3:15PM - 3:45PM<br>• Member Lap Swim (4 lanes)<br>Swim Team (4 lanes, 3:15PM - 3:45PM)   |   |
| 3:45PM - 4:15PM<br>• Member Lap Swim (1 lane)<br>Swim Teams (7 lanes, 3:45 - 4:15PM)   | 3:45PM - 4:30PM<br>• Member Lap Swim (1 lane)<br>Swim Team (7 lanes, 3:45PM - 4:15PM)   | 4:30PM - 5:30PM<br>• Member Lap Swim (6 lanes)<br>Swim Lessons (2 lanes, 4:30PM - 5:15PM)  | 3:45PM - 4:15PM<br>• Member Lap Swim (0 lanes)<br>Swim Team (8 lanes, 3:45PM - 4:15PM)  | 3:45PM - 4:30PM<br>• Member Lap Swim (0 lanes)<br>Swim Team (8 lanes, 3:45PM - 4:15PM)   |   |
| 4:15PM - 4:55PM<br>• Member Lap Swim (4 lanes)<br>Swim Team (4 lanes, 4:15 - 4:55PM)   | 4:30PM - 5:30PM<br>• Member Lap Swim (3 lanes)<br>Swim Team (4 lanes, 4:30PM - 5:15PM)<br>Swim Lessons (1 lane, 4:30PM - 5:30PM)  | 5:30PM - 6:30PM<br>• Member Lap Swim (4 lanes)<br>Swim Lessons (2 lanes, 5:30PM - 6:10PM)<br>Aqua Fitness (2 lanes, 5:30PM - 6:30PM) | 4:15PM - 5:20PM<br>• Member Lap Swim (3 lanes)<br>Swim Team (4 lanes, 4:15PM - 5:15PM)<br>Swim Lessons (1 lane, 4:35PM - 5:20PM)  | 4:30PM - 6:15PM<br>• Member Lap Swim (3 lanes)<br>Swim Team (4 lanes, 4:30PM - 6:15PM)<br>Swim Lessons (1 lane, 4:35PM - 6:10PM) |   |
| 4:55PM - 5:30PM<br>• Member Lap Swim (3 lanes)<br>Swim Team (4 lanes, 5:00 - 5:30PM)<br>Swim Lessons (1 lane, 4:55PM - 5:30PM) | 5:30PM - 6:30PM<br>• Member Lap Swim (0 lanes)<br>Swim Team (4 lanes, 5:30PM - 6:30PM)<br>Swim Lessons (1 lane, 5:30PM - 6:30PM)<br>Aqua Fitness (3 lanes, 5:30PM - 6:30PM) |  | 5:20PM - 5:45PM<br>• Member Lap Swim (2 lanes)<br>Swim Team (4 lanes, 5:30PM - 5:45PM)<br>Aqua Fitness (2 lanes, 5:30PM - 5:45PM) | 6:15PM - 7:30PM<br>• Member Lap Swim (2 lanes)<br>Swim Team (6 lanes, 6:15PM - 7:30PM)   | 11:30AM - 12:00PM<br>• Member Lap Swim (8 lanes)  |
| 5:30PM - 6:15PM<br>• Member Lap Swim (2 lanes)<br>Swim Team (4 lanes, 5:30 - 6:15PM)<br>Swim Lessons (1 lane, 5:30PM - 6:30PM) | 6:30PM - 7:30PM<br>• Member Lap Swim (1 lane)<br>Swim Team (7 lanes, 6:30PM - 7:30PM)   |  | 5:45PM - 6:30PM<br>• Member Lap Swim (1 lane)<br>Swim Team (4 lanes, 5:45PM - 6:30PM)<br>Aqua Fitness (2 lanes, 5:45PM - 6:30PM)  | <b>POOL CLOSING AT 7:30PM</b>  | <b>POOL CLOSING AT 7:30PM</b>   |
| 6:15PM - 6:30PM<br>• Member Lap Swim (1 lane)<br>Swim Team (6 lanes, 6:15 - 6:30PM)<br>Swim Lessons (1 lane, 6:15 - 6:30PM)    |   |  | 6:30PM - 7:30PM<br>• Member Lap Swim (4 lanes)<br>Swim Team (4 lanes, 6:30PM - 7:30PM)  |  |   |
| 6:30PM - 7:30PM<br>• Member Lap Swim (2 lanes)<br>Swim Team (6 lanes, 6:30 - 7:30PM)   |   |  |   |  |   |
| 7:30PM - 8:30PM<br>• Member Lap Swim (8 lanes)   | 7:30PM - 8:30PM<br>• Member Lap Swim (8 lanes)  | 6:30PM - 8:30PM<br>• Member Lap Swim (8 lanes)   | 7:30PM - 8:30PM<br>• Member Lap Swim (8 lanes)  |  |   |
| <b>POOL CLOSING AT 8:30PM</b>  | <b>POOL CLOSING AT 8:30PM</b>   | <b>POOL CLOSING AT 8:30PM</b>  | <b>POOL CLOSING AT 8:30PM</b>   |  |   |

**IMPORTANT**

- Member Lap Swim

Lap Swim - Swimmers must swim full pool length two or more swimmers share a lane. Please allow Lap Pool Rules for Children Under 12 During Fair. To be allowed in the Lap Pool, all children under held by a parent or guardian over the age of 18, NO breath holding games or drills are permitted. facing pool entry.

Only Coast Guard Approved PFD's are allowed. allowed.

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

| SATURDAY   |  | SUNDAY  |  |
|--|--|---|--|
| OPENS AT 7AM   |  | POOL OPENS AT 9AM   |  |
| 9:00AM - 9:00AM<br>• Member Lap Swim (8 lanes)                                 |  | 9:00AM - 10:00AM<br>• Member Lap Swim (8 lanes)   |  |
| 10:00AM - 11:35AM<br>• Member Lap Swim (8 lanes)<br>2 lanes, 9:00AM - 11:35AM) |  | 10:00AM - 11:35AM<br>• Member Lap Swim (6 lanes)<br>Swim Lessons (2 lanes, 10:05A-11:35A) |  |
|  |  | 11:35AM - 12:15PM<br>• Member Lap Swim (8 lanes)  |  |
|  |  |   |  |
| 12:15PM - 3:30PM<br>• Member Lap Swim (8 lanes)                                |  | 12:15PM - 3:30PM<br>• Member Lap Swim (5 lanes)<br>Family Swim (3 lanes)                  |  |
| CLOSES AT 3:30PM   |  | POOL CLOSES AT 3:30PM   |  |

**ADDITIONAL INFORMATION**

Swims continuously. "Circle Swimming" rules apply when  
allow faster swimmers to pass when necessary.

**Family Swim**

Children 12 years of age MUST either wear a lifejacket or be  
accompanied by an adult unless they have passed a swim test.

NO head-first diving permitted, only feet-first forward

Other flotation aids, including "mermaid fins", are not



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

**FOR YOUTH DEVELOPMENT®  
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FOR SOCIAL RESPONSIBILITY**

Winter Session 1: Monday 01/07/2019 - Sunday 02/24/2019

| 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>  |
| 7:00AM - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only            | 7:00AM - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only  | 7:00AM - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only            | 7:00AM - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only   | 7:00AM - 8:30AM<br>Adult Leisure<br>Family Swim in shallow only  | 7:00AM - 8:30 AM<br>Adult Leisure<br>Family Swim in shallow only | 9AM - 9:30AM<br>Adult Leisure<br>Family Swim in shallow only    |
| 8:30AM - 10:30AM<br>Family Swim  | 8:30AM - 10:30AM<br>Family Swim                                  | 8:30AM - 12:00PM<br>Family Swim  | 9:00AM - 9:50AM<br>Aqua Yoga<br>Family Swim in shallow only       | 8:30AM - 12:00PM<br>Family Swim  | 8:30AM - 9:30AM<br>Family Swim                                   | 9:30AM - 11:05AM<br>Swim Lessons<br>Family Swim in shallow only |
| 10:30AM - 11:15AM<br>Aqua Barre<br>Family Swim in shallow only             | 10:30AM - 11:00AM<br>Swim Lessons<br>Family Swim in shallow only | 12:00PM - 12:45PM<br>Silver Sneakers SPLASH<br>Family Swim in shallow only | 9:50AM - 10:30AM<br>Family Swim                                   | 12:00PM - 12:45 PM<br>Silver Sneakers SPLASH<br>Family Swim in shallow only  | 9:30AM - 12:10PM<br>Swim Lessons<br>Family Swim in shallow only  | 11:05AM - 1:00PM<br>Family Swim                                 |
| 11:15AM - 12:00PM<br>Family Swim   | 11:00AM - 12:00PM<br>Family Swim                                 | 12:45PM - 4:00PM<br>Family Swim  | 10:30AM - 11:00AM<br>Swim Lessons<br>Family Swim in shallow only  | 4:00PM - 5:05PM<br>Swim Lessons<br>Family Swim in shallow only   | 12:10PM - 1:00PM<br>Family Swim                                  | 1:00PM - 2:00PM<br>Shared Pool<br>Family Swim/Birthday Party    |
| 12:00PM - 12:45PM<br>Silver Sneakers SPLASH<br>Family Swim in shallow only | 12:00PM - 1:45PM<br>Gentle Joints<br>Family Swim in shallow only | 4:00PM - 5:05PM<br>Swim Lessons<br>Family Swim in shallow only             | 11:00AM - 12:00PM<br>Family Swim                                  | 5:05PM - 5:30PM<br>Family Swim   | 1:00PM - 2:00PM<br>Shared Pool<br>Family Swim/Birthday Party     |   |
| 12:45PM - 3:45PM<br>Family Swim  | 1:45PM - 4:00PM<br>Family Swim                                   |  | 12:00PM - 12:45PM<br>Gentle Joints<br>Family Swim in shallow only | 5:30 - 6:30PM<br>Shared Pool<br>Family Swim/Birthday Party   |  |   |
| 3:45PM - 5:05PM<br>Swim Lessons<br>Family Swim in shallow only             | 4:00PM - 5:05PM<br>Swim Lessons<br>Family Swim in shallow only   |  | 12:45PM - 4:00PM<br>Family Swim                                   | 6:30PM - 7:30PM<br>Family Swim   | 2:00PM - 3:30 PM<br>Family Swim                                  | 2:00PM - 3:30 PM<br>Family Swim                                 |
|  |  |  | 4:00PM - 5:40PM<br>Swim Lessons<br>Family Swim in shallow only    | <b>POOL CLOSSES AT 7:30PM</b>  | <b>POOL CLOSSES AT 3:30PM</b>                                    | <b>POOL CLOSSES AT 3:30PM</b>                                   |
| 5:05PM - 8:30PM<br>Family Swim   | 5:05PM - 8:30PM<br>Family Swim                                   | 5:05 - 8:30PM<br>Family Swim   | 5:40PM - 8:30PM<br>Family Swim                                    | <p><b>IMPORTANT INFORMATION</b><br/>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.<br/>NO breath holding games or drills are permitted.<br/>NO head-first diving permitted, only feet-first forward facing pool entry.<br/>NO mermaid type fins or tails permitted.<br/>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>  | <b>POOL CLOSSES AT 8:30PM</b>                                    | <b>POOL CLOSSES AT 8:30PM</b>  | <b>POOL CLOSSES AT 8:30PM</b>                                     |  |  |   |