



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPENS AT 5AM 5:00AM - 7:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5:00AM - 8:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5:00AM - 7:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5AM - 8:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5AM - 7:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 7AM 7:00AM - 9:00AM • Member Lap Swim (8 lanes)	POOL OPENS AT 9AM 9:00AM - 10:00AM • Member Lap Swim (8 lanes)
7:45AM - 9:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	8:45AM - 10:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 9AM - 9:45AM)	7:45AM - 9:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	8:45AM - 10:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 9-9:45AM)	7:45AM - 9:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	9:00AM - 11:35AM • Member Lap Swim (6 lanes) Swim Lessons (2 lanes, 9:00AM - 11:35AM)	10:00AM - 11:35AM • Member Lap Swim (6 lanes) Swim Lessons (2 lanes, 10:05A-11:35A)
9:00AM - 3:15PM • Member Lap Swim (8 lanes)	10:00AM - 3:15PM • Member Lap Swim (8 lanes)	9:00AM - 1:45PM • Member Lap Swim (8 lanes)	10:00AM - 3:15PM • Member Lap Swim (8 lanes)	9:00AM - 3:15PM • Member Lap Swim (8 lanes)		11:35AM - 12:15PM • Member Lap Swim (8 lanes)
3:15PM - 3:45PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 3:15PM - 3:45PM)	3:15PM - 3:45PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 3:15PM - 3:45PM)	1:45PM - 4:30PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 1:45PM - 4:15PM)	3:15PM - 3:45PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 3:15PM - 3:45PM)	3:15PM - 3:45PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 3:15PM - 3:45PM)		
3:45PM - 4:15PM • Member Lap Swim (1 lane) Swim Teams (7 lanes, 3:45 - 4:15PM)	3:45PM - 4:30PM • Member Lap Swim (1 lane) Swim Team (7 lanes, 3:45PM - 4:15PM)	4:30PM - 5:30PM • Member Lap Swim (6 lanes) Swim Lessons (2 lanes, 4:30PM - 5:15PM)	3:45PM - 4:15PM • Member Lap Swim (0 lanes) Swim Team (8 lanes, 3:45PM - 4:15PM)	3:45PM - 4:15PM • Member Lap Swim (1 lane) Swim Team (7 lanes, 3:45PM - 4:15PM)		
4:15PM - 4:55PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 4:15 - 4:55PM)	4:30PM - 5:30PM • Member Lap Swim (3 lanes) Swim Team (4 lanes, 4:30PM - 5:15PM) Swim Lessons (1 lane, 4:30PM - 5:30PM)	5:30PM - 6:30PM • Member Lap Swim (4 lanes) Swim Lessons (2 lanes, 5:30PM - 6:10PM) Aqua Fitness (2 lanes, 5:30PM - 6:30PM)	4:15PM - 5:20PM • Member Lap Swim (3 lanes) Swim Team (4 lanes, 4:15PM - 5:15PM) Swim Lessons (1 lane, 4:35PM - 5:20PM)	4:15PM - 6:15PM • Member Lap Swim (3 lanes) Swim Team (4 lanes, 4:15PM - 6:15PM) Swim Lessons (1 lane, 4:30PM - 6:15PM)		
4:55PM - 5:30PM • Member Lap Swim (3 lanes) Swim Team (4 lanes, 5:00 - 5:30PM) Swim Lessons (1 lane, 4:55PM - 5:30PM)	5:30PM - 6:30PM • Member Lap Swim (0 lanes) Swim Team (4 lanes, 5:30PM - 6:30PM) Swim Lessons (1 lane, 5:30PM - 6:30PM) Aqua Fitness (3 lanes, 5:30PM - 6:30PM)		5:20PM - 5:45PM • Member Lap Swim (2 lanes) Swim Team (4 lanes, 5:30PM - 5:45PM) Aqua Fitness (2 lanes, 5:30PM - 5:45PM)	6:15PM - 7:30PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 6:15PM - 7:30PM) POOL CLOSSES AT 7:30PM	11:35AM - 5:30PM • Member Lap Swim (8 lanes) POOL CLOSSES AT 5:30PM	12:15PM - 3:30PM • Member Lap Swim (5 lanes) Family Swim (3 lanes) POOL CLOSSES AT 3:30PM
5:30PM - 6:15PM • Member Lap Swim (2 lanes) Swim Team (4 lanes, 5:30 - 6:15PM) Swim Lessons (1 lane, 5:30PM - 6:30PM)	6:30PM - 7:30PM • Member Lap Swim (1 lane) Swim Team (7 lanes, 6:30PM - 7:30PM)		5:45PM - 6:30PM • Member Lap Swim (1 lane) Swim Team (4 lanes, 5:45PM - 6:30PM) Aqua Fitness (2 lanes, 5:45PM - 6:30PM)			
6:15PM - 6:30PM • Member Lap Swim (1 lane) Swim Team (6 lanes, 6:15 - 6:30PM) Swim Lessons (1 lane, 6:15 - 6:30PM)			6:30PM - 7:30PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 6:30PM - 7:30PM)			
6:30PM - 7:30PM • Member Lap Swim (2 lanes) Swim Team (6 lanes, 6:30 - 7:30PM)						
7:30PM - 8:30PM • Member Lap Swim (8 lanes) POOL CLOSSES AT 8:30PM	7:30PM - 8:30PM • Member Lap Swim (8 lanes) POOL CLOSSES AT 8:30PM	6:30PM - 8:30PM • Member Lap Swim (8 lanes) POOL CLOSSES AT 8:30PM	7:30PM - 8:30PM • Member Lap Swim (8 lanes) POOL CLOSSES AT 8:30PM			

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 9AM
7:00AM - 8:30AM Adult Leisure Family Swim in shallow only	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only	7:00AM - 8:30 AM Adult Leisure Family Swim in shallow only	9AM - 9:30AM Adult Leisure Family Swim in shallow only
8:30AM - 10:30AM Family Swim	8:30AM - 10:30AM Family Swim	8:30AM - 12:00PM Family Swim	9:00AM - 9:50AM Aqua Yoga Family Swim in shallow only	8:30AM - 12:00PM Family Swim	8:30AM - 9:30AM Family Swim	9:30AM - 11:05AM Swim Lessons Family Swim in shallow only
10:30AM - 11:15AM Aqua Barre Family Swim in shallow only	10:30AM - 11:00AM Swim Lessons Family Swim in shallow only	12:00PM - 12:45PM Silver Sneakers SPLASH Family Swim in shallow only	9:50AM - 10:30AM Family Swim	12:00PM - 12:45 PM Silver Sneakers SPLASH Family Swim in shallow only	9:30AM - 12:10PM Swim Lessons Family Swim in shallow only	11:05AM - 1:00PM Family Swim
11:15AM - 12:00PM Family Swim	11:00AM - 12:00PM Family Swim	12:45PM - 4:00PM Family Swim	10:30AM - 11:00AM Swim Lessons Family Swim in shallow only	12:45PM - 4:00PM Family Swim	12:10PM - 1:00PM Family Swim	1:00PM - 2:00PM Shared Pool Family Swim/Birthday Party
12:00PM - 12:45PM Silver Sneakers SPLASH Family Swim in shallow only	12:00PM - 1:45PM Gentle Joints Family Swim in shallow only	4:00PM - 5:05PM Swim Lessons Family Swim in shallow only	11:00AM - 12:00PM Family Swim	5:05PM - 5:30PM Family Swim	1:00PM - 2:00PM Shared Pool Family Swim/Birthday Party	
12:45PM - 3:45PM Family Swim	1:45PM - 4:00PM Family Swim		12:00PM - 12:45PM Gentle Joints Family Swim in shallow only	5:30 - 6:30PM Shared Pool Family Swim/Birthday Party		
3:45PM - 5:05PM Swim Lessons Family Swim in shallow only	4:00PM - 5:05PM Swim Lessons Family Swim in shallow only		12:45PM - 4:00PM Family Swim	6:30PM - 7:30PM Family Swim	2:00PM - 5:30 PM Family Swim	2:00PM - 3:30 PM Family Swim
			4:00PM - 5:40PM Swim Lessons Family Swim in shallow only	POOL CLOSSES AT 7:30PM	POOL CLOSSES AT 5:30PM	POOL CLOSSES AT 3:30PM
5:05PM - 8:30PM Family Swim	5:05PM - 8:30PM Family Swim	5:05 - 8:30PM Family Swim	5:40PM - 8:30PM Family Swim	<p align="center">IMPORTANT INFORMATION</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>		
POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM			