



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

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

Summer Session 1: Monday 06/10/2019 - Sunday 07/21/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPENS AT 5AM 5:00AM - 6:00AM • Member Lap Swim (8 lanes) Swim Lessons (Times vary throughout day)	POOL OPENS AT 5AM 5:00AM - 6:00AM • Member Lap Swim (8 lanes) Swim Lessons (Times vary throughout day)	POOL OPENS AT 5AM 5:00AM - 6:00AM • Member Lap Swim (8 lanes) Swim Lessons (Times vary throughout day)	POOL OPENS AT 5AM 5:00AM - 6:00AM • Member Lap Swim (8 lanes) Swim Lessons (Times vary throughout day)	POOL OPENS AT 5AM 5:00AM - 6:00AM • Member Lap Swim (8 lanes) Swim Lessons (Times vary throughout day)	POOL OPENS AT 7AM 7:00AM - 12:00PM • Member Lap Swim (8 lanes) Swim Lessons (Times vary throughout day)	POOL OPENS AT 9AM 9:00AM - 12:00PM • Member Lap Swim (8 lanes) Swim Lessons (Times vary throughout day)
6:00AM - 8:00AM • Member Lap Swim (4 lanes) Swim Team (4 lanes)	6:00AM - 8:00AM • Member Lap Swim (4 lanes) Swim Team (4 lanes)	6:00AM - 8:00AM • Member Lap Swim (4 lanes) Swim Team (4 lanes)	6:00AM - 8:00AM • Member Lap Swim (4 lanes) Swim Team (4 lanes)	6:00AM - 8:00AM • Member Lap Swim (4 lanes) Swim Team (4 lanes)		
8:00AM - 9:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	8:00AM - 10:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 9AM - 9:45AM)	8:00AM - 11:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	8:00AM - 10:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 9-9:45AM)	8:00AM - 9:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)		
9:00AM - 10:15AM • Member Lap Swim (8 lanes)	10:00AM - 5:30PM • Member Lap Swim (8 lanes)	11:00AM - 11:45AM • Member Lap Swim (6 lanes) Camp (2 lanes)	10:00AM - 5:15PM • Member Lap Swim (8 lanes)	9:00AM - 4:30PM • Member Lap Swim (8 lanes)		
10:15AM - 11:45AM • Member Lap Swim (6 lanes) Camp (2 lanes)	5:30PM - 6:15PM • Member Lap Swim (4 lanes) Swim Team (2 lanes) Aqua Fitness (2 lanes, 5:30PM - 6:30PM)		5:15PM - 6:30PM • Member Lap Swim (2 lanes) Swim Team (3 lanes, 5:30PM - 7:30PM) Aqua Fitness (3 lanes, 5:30PM - 6:30PM)	4:30PM - 5:30PM • Member Lap Swim (6 lanes) Swim Lessons (2 lanes, 5:05PM - 6:40PM)		
11:45AM - 7:30PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 5:30 - 7:30PM)	6:15PM - 6:30PM • Member Lap Swim (2 lanes) Swim Team (4 lanes, 6:15PM - 7:30PM) Aqua Fitness (2 lanes, 5:30PM - 6:30PM)		6:30PM - 7:30PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 5:30PM - 7:30PM)	5:30PM - 6:40PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 5:30PM - 7:30PM)		
	6:30PM - 7:30PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 6:30PM - 7:30PM)					
				6:40PM - 7:30PM • Member Lap Swim (4 lanes) Swim Team (4 lanes, 5:30PM - 7:30PM) POOL CLOSSES AT 7:30PM	12:00PM - 3:30PM • Member Lap Swim (8 lanes) POOL CLOSSES AT 3:30PM	12:00PM - 3:30PM • Member Lap Swim (5 lanes) Family Swim (3 lanes) POOL CLOSSES AT 3:30PM
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	11:45AM - 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**

Summer Session 1: Monday 06/10/2019 - Sunday 07/21/2019

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 Swim Lessons (Times vary throughout day)	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:30AM Adult Leisure Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:30 AM Adult Leisure Family Swim in shallow only Swim Lessons (Times vary throughout day)	9AM - 10:30AM Family Swim Swim Lessons (Times vary throughout day)
8:30AM - 9:30AM Family Swim	8:30AM - 9:30AM Family Swim	8:30AM - 9:30AM Family Swim	8:30AM - 9:30AM Family Swim	8:30AM - 9:30AM Family Swim	8:30AM - 1:00PM Family Swim	10:30AM - 1:00PM Family Swim
9:30AM - 10:15AM Shared Pool Family Swim & Camp	9:30AM - 10:15AM Shared Pool Family Swim & Camp	9:30AM - 11:00AM Shared Pool Family Swim & Camp	9:30AM - 10:15AM Shared Pool Family Swim & Camp	9:30AM - 10:15AM Shared Pool Family Swim & Camp	1:00PM - 2:00PM Shared Pool Family Swim/Birthday Party	1:00PM - 2:00PM Shared Pool Family Swim/Birthday Party
10:15AM - 12:00PM Family Swim	10:15AM - 12:00PM Family Swim	11:00AM - 12:00PM Family Swim	10:15AM - 12:00PM Family Swim	10:15AM - 12:00PM Family Swim		
12:00PM - 12:45PM Silver Sneakers SPLASH Family Swim in shallow only	12:00PM - 12:45PM Gentle Joints Family Swim in shallow only	12:00PM - 12:45PM Silver Sneakers SPLASH Family Swim in shallow only	12:00PM - 12:45PM Gentle Joints Family Swim in shallow only	12:00PM - 12:45PM Silver Sneakers SPLASH Family Swim in shallow only		
12:45PM - 1:45PM Shared Pool Family Swim & Camp	12:45PM - 1:45PM Shared Pool Family Swim & Camp	12:45PM - 1:45PM Shared Pool Family Swim & Camp	12:45PM - 1:45PM Shared Pool Family Swim & Camp	12:45PM - 1:45PM Shared Pool Family Swim & Camp		
				1:45PM - 5:30PM Family Swim		
				5:30PM - 6:30PM Shared Pool Family Swim/Birthday Party	2:00PM - 3:30 PM Family Swim	2:00PM - 3:30 PM Family Swim
					POOL CLOSSES AT 3:30PM	POOL CLOSSES AT 3:30PM
1:45PM - 8:30PM Family Swim	1:45PM - 8:30PM Family Swim	1:45PM - 8:30PM Family Swim	1:45PM - 8:30PM Family Swim	6:30PM - 7:30PM Family Swim	IMPORTANT INFORMATION During Swim Lessons, Family Swim is only permitted in the shallow area. NO breath holding games or drills are permitted. NO head-first diving permitted, only feet-first forward facing pool entry. NO mermaid type fins or tails permitted. Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are not allowed.	
POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 7:30PM		