



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall Session 2: Monday 10/28/2019 - Sunday 12/15/2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 7AM	POOL OPENS AT 9AM
5:00AM - 7:45AM • Member Lap Swim (8 lanes) Water Fitness Pop-ups	5:00AM - 8:45AM • Member Lap Swim (8 lanes) Water Fitness Pop-ups	5:00AM - 7:45AM • Member Lap Swim (8 lanes) Water Fitness Pop-ups	5:00AM - 8:45AM • Member Lap Swim (8 lanes) Water Fitness Pop-ups	5:00AM - 7:45AM • Member Lap Swim (8 lanes) Water Fitness Pop-ups	7:00AM - 9:00AM • Member Lap Swim (8 lanes) Water Fitness Pop-ups	9:00AM - 11:30AM • Member Lap Swim (5-6 lanes) Swim Lessons (2-3 lanes) Water Fitness Pop-ups
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, 9AM - 9:45AM)	7:45AM - 9:00AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	9:00AM - 11:30AM • Member Lap Swim (5-6 lanes) Swim Lessons (2-3 lanes)	
9:00AM - 3:00PM • Member Lap Swim (8 lanes)	10:00AM - 3:00PM • Member Lap Swim (8 lanes)	9:00AM - 1:30PM • Member Lap Swim (8 lanes)	10:00AM - 3:00PM • Member Lap Swim (8 lanes)	9:00AM - 3:00PM • Member Lap Swim (8 lanes)		
3:00PM - 3:30PM • Member Lap Swim (4 lanes) Swim Team Rentals (4 lanes)	3:00PM - 3:30PM • Member Lap Swim (4 lanes) Swim Team Rentals (4 lanes)	1:30PM - 3:00PM • Member Lap Swim (5 lanes) Swim Team Rentals (3 lanes)	3:00PM - 3:30PM • Member Lap Swim (4 lanes) Swim Team Rentals (4 lanes)	3:00PM - 3:30PM • Member Lap Swim (4 lanes) Swim Team Rentals (4 lanes)		
3:30PM - 4:00PM • Member Lap Swim (1 lane) Swim Team Rentals (7 lanes)	3:30PM - 4:00PM • Member Lap Swim (1 lane) Swim Team Rentals (7 lanes)	3:00PM - 4:00PM • Member Lap Swim (1-4 lanes) Swim Team Rentals (7 lanes 3:00PM - 3:15) Swim Team Rentals (4 lanes)	3:30PM - 4:00PM • Member Lap Swim (1 lane) Swim Team Rentals (7 lanes)	3:30PM - 4:00PM • Member Lap Swim (1 lane) Swim Team Rentals (7 lanes)	3:30PM - 4:00PM • Member Lap Swim (1 lane) Swim Team Rentals (7 lanes)	
4:00PM - 5:00PM • Member Lap Swim (1-4 lanes) Swim Team Rentals (3 lanes) Swim Lessons (1-2 lanes)	4:00PM - 5:00PM • Member Lap Swim (1-4 lanes) Swim Team Rentals (3 lanes) Swim Lessons (1-2 lanes)	4:00PM - 5:00PM • Member Lap Swim (6-8 lanes) Swim Lessons (1-2 lanes 4:30PM - 5:00PM)	4:00PM - 5:00PM • Member Lap Swim (1-4 lanes) Swim Team Rentals (3 lanes) Swim Lessons (1-2 lanes)	4:00PM - 5:00PM • Member Lap Swim (1-4 lanes) Swim Team Rentals (3 lanes) Swim Lessons (1-2 lanes)		
5:00PM - 7:30PM • Member Lap Swim (1-4 lanes) Swim Team (4-5 lanes) Swim Lessons (1-2 lanes 5:00PM - 6:40PM)	5:00PM - 7:30PM • Member Lap Swim (1-4 lanes) Swim Team (4-5 lanes) Aqua Fitness (2-3 lanes, 5:30PM - 6:30PM) Swim Lessons (1-2 lanes 5:00PM - 6:40PM)	5:00PM - 7:30PM • Member Lap Swim (1-4 lanes) Swim Team (4-5 lanes) Swim Lessons (1-2 lanes 5:00PM - 6:40PM) Aqua Zumba (2-4 lanes, 6:30PM - 7:30PM)	5:00PM - 7:30PM • Member Lap Swim (1-4 lanes) Swim Team (4-5 lanes) Aqua Fitness (2-3 lanes, 5:30PM - 6:30PM) Swim Lessons (1-2 lanes 5:00PM - 6:40PM)	5:00PM - 7:30PM • Member Lap Swim (1-4 lanes) Swim Team (4-5 lanes) Swim Lessons (1-2 lanes, 5:00 - 6:40PM)		
7:30PM - 8:30PM • Member Lap Swim (8 lanes)	7:30PM - 8:30PM • Member Lap Swim (8 lanes)	7:30PM - 8:30PM • Member Lap Swim (8 lanes)	7:30PM - 8:30PM • Member Lap Swim (8 lanes)	7:30PM - 8:30PM • Member Lap Swim (8 lanes)	11:30AM - 3:30PM • Member Lap Swim (8 lanes)	11:30AM - 3:30PM • Member Lap Swim (5 lanes) Family Swim (3 lanes)
POOL CLOSING AT 8:30PM	POOL CLOSING AT 8:30PM	POOL CLOSING AT 8:30PM	POOL CLOSING AT 8:30PM	POOL CLOSING AT 7:30PM	POOL CLOSING AT 3:30PM	POOL CLOSING AT 3:30PM

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

Fall Session 2: Monday 10/28/2019 - Sunday 12/15/2019

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 - 8:00AM Adult Leisure Swim Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:00AM Adult Leisure Swim Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:00AM Adult Leisure Swim Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:00AM Adult Leisure Swim Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:00AM Adult Leisure Swim Family Swim in shallow only Swim Lessons (Times vary throughout day)	7:00AM - 8:00AM Adult Leisure Swim Family Swim in shallow only Swim Lessons (Times vary throughout day)	9AM - 10:00AM Adult Leisure Swim Family Swim in shallow only Swim Lessons (Times vary throughout day)
8:00AM - 12:00PM Family Swim	8:00AM - 12:00PM Family Swim	8:00AM - 12:00PM Family Swim	8:00AM - 12:00PM Family Swim	8:00AM - 12:00PM Family Swim	8:00AM - 1:00PM Family Swim	10:00AM - 1:00PM 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	1:00PM - 2:00PM Shared Pool Family Swim/Birthday Party	1:00PM - 2:00PM Shared Pool Family Swim/Birthday Party
	12:45PM - 6:45PM Family Swim		12:45PM - 6:45PM Family Swim			
					2:00PM - 3:30 PM Family Swim	2:00PM - 3:30 PM Family Swim
					POOL CLOSSES AT 3:30PM	POOL CLOSSES AT 3:30PM
					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.	
12:45PM - 8:30PM Family Swim	6:45PM - 8:30PM Family Swim	12:45PM - 8:30PM Family Swim	6:45PM - 8:30PM Family Swim	12:45PM - 7:30PM Family Swim		
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		