**AQUATICS SCHEDULE - LAP POOL**

**MONDAY**
- 5:00pm-5:00pm: High School Swim Team
- 6:00pm-6:45pm: Y Swim Team
- 7:30am-7:45am: 12.00pm-2.00pm

**TUESDAY**
- 5:00pm-5:00pm: High School Swim Team
- 6:00pm-6:45pm: Y Swim Team
- 7:30am-7:45am: 12.00pm-2.00pm

**WEDNESDAY**
- 5:00pm-5:00pm: High School Swim Team
- 6:00pm-6:45pm: Y Swim Team
- 7:30am-7:45am: 12.00pm-2.00pm

**THURSDAY**
- 5:00pm-5:00pm: High School Swim Team
- 6:00pm-6:45pm: Y Swim Team
- 7:30am-7:45am: 12.00pm-2.00pm

**FRIDAY**
- 5:00pm-5:00pm: High School Swim Team
- 6:00pm-6:45pm: Y Swim Team
- 7:30am-7:45am: 12.00pm-2.00pm

**SATURDAY**
- 5:00pm-5:00pm: High School Swim Team
- 6:00pm-6:45pm: Y Swim Team
- 7:30am-7:45am: 12.00pm-2.00pm

**SUNDAY**
- 5:00pm-5:00pm: High School Swim Team
- 6:00pm-6:45pm: Y Swim Team
- 7:30am-7:45am: 12.00pm-2.00pm

**IMPORTANT INFORMATION**
- During 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.
- Instructors may request that Lap Swimmers share lanes to accommodate private swimming lessons or Green Wrist Band Tests. We appreciate your cooperation.

For more information, visit [www.farmingtonvalleyYMCA.org](http://www.farmingtonvalleyYMCA.org) or call 860-653-5524.

**IMPORTANT DATES**
- March 1 - March 31: "Circle Swimming" rules apply when two or more swimmers share a lane.

**POSTED 3.1.20**
### Farmington Valley YMCA

**Aquatics Schedule - Dive Pool**

**www.farmingtonvalleyymca.org**

**860 653 5524**  
March 1 - March 31

**Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday**
---|---|---|---|---|---|---
7:00am-8:15am | 7:00am-8:15am | 7:00am-8:30am | 7:00am-8:30am | 7:00am-9:00am | 7:00am-9:00am | 7:00am-9:00am
7:00am-8:15am | 7:00am-8:15am | 7:00am-8:30am | 7:00am-8:30am | 7:00am-9:00am | 7:00am-9:00am | 11:15am-12:35pm
7:30am-9:15am | 8:30am-9:15am | 8:30am-9:15am | 8:30am-9:15am | 8:30am-9:15am | 8:30am-9:15am | 11:15am-12:35pm
9:00am-10:00am | 9:15am-10:00am | 9:00am-9:45am | 9:00am-9:45am | 9:00am-10:00am | 9:00am-10:00am | 12:35pm-1:45pm
10:00am-12:15pm | OPEN SWIM | WATER EXER. | WATER EXER. | WATER EXER. | WATER EXER. | 12:35pm-1:45pm
12:15pm-4:00pm | OPEN SWIM | WATER EXER. | WATER EXER. | WATER EXER. | WATER EXER. | 12:35pm-1:45pm
4:00pm-7:10pm | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | Swim Lessons | 12:35pm-1:45pm
7:10pm-8:45pm | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | 12:35pm-1:45pm

*IMPORTANT FACILITY INFORMATION*

All pool areas close 15 minutes prior to the facility closures.

All non-swimmers must be within arm's reach of an adult while in the water.

No food or glass containers are allowed on the pool deck, only water is allowed.

Strollers with children must be adjacent to the bleachers and never left unattended.

Headfirst diving permitted in the 12th section only.

**IMPORTANT INFORMATION - A SAFE POOL IS A FUN POOL!**

All children under 12 must have an adult (18+) with them at all times. (On the pool deck.)

All swimmers age 16 & younger must be swim tested.

All swimmers age 16 & younger must have a green band to swim in the Lap Pool, 5ft and 12ft areas of the pool.

All swimmers age 16 & younger must be swim tested.

All children under 12 must have an adult (18+) with them at all times. (On the pool deck.)

All non-swimmers must be within arm's reach of an adult while in the water.

No food or glass containers are allowed on the pool deck, only water is allowed.

Strollers with children must be adjacent to the bleachers and never left unattended.

Headfirst diving permitted in the 12th section only.

**Have you had your SWIM TEST?**

Remember to wear your green wrist band! A lifeguard will ask you to exit the pool without it.

**Need another one? No problem - bands can be purchased for $1 at the front desk.**

**Have you had your SWIM TEST?**

Remember to wear your green wrist band! A lifeguard will ask you to exit the pool without it.

**Need another one? No problem - bands can be purchased for $1 at the front desk.**

**MAKING A SPLASH!**

Have your next birthday party at the Y! See Member Services for more information!

**IMPORTANT CLOSURE DATES**