



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**POOL SCHEDULE**

**Session Break: June 12 – June 25, 2017**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM</b> 5:00							
7:00							
7:15							
7:30							
7:45	Lane	Lane	Lane	Lane	Lane	Lane	Masters & Tri-Training
8:00	5:00 – 9:00 am	5:00 – 9:00 am	5:00 – 9:00 am	5:00 – 9:00 am	5:00 – 9:00 am	7-9:00am	7:00 – 8:30 am
8:15							
8:30							
8:45							
9:00							
9:15		Rec.		Rec.			Adult Lap
9:30	Rec.	9:00 – 9:45		9:00 – 9:45			8:30 – 10:00
9:45	9:00 – 11:30	Aqua Fit		Aqua Fit	Rec.	REC	
10:00		9:45 – 10:45	Rec.	9:45 – 10:45	9:00 – 11:30	9:00-12:00	
10:15		Arthritis	9:00 – 11:30	Arthritis	10:00 – 11:30	LANE	
10:30		10:45 – 11:30		10:45 – 11:30	(till 6/16)	9:00-12:00	Rec. Lane
10:45							10:00 – 12:00
11:00							
11:15							
11:30							
11:45							
<b>PM</b> 12:00	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap		Adult Lap
12:15	11:30 – 1:00	11:30 – 1:00	11:30-1:00	11:30 – 1:00	11:30 – 1:00	Adult Lap	12:00 – 1:00
12:30						12:00 – 2:00	
12:45							
1:00							
1:15							
1:30							
1:45							
2:00	Rec Lane	Rec Lane	Rec Lane	Rec Lane	Rec Lane		Rec. Lane
2:15	1-3:30 1-3:30	1-3:00 1-3:30	1-3:30 1-3:30	1-3:30 1-3:30	1-3:30 1-3:30		1:00 – 4:30 1:00 – 5:30
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00							
4:15	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons		
4:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30		
4:45							
5:00							
5:15							
5:30		Adult Lap		Adult Lap	Teen		
5:45		5:30-6:30		5:30-6:30	Lap 5:30-6:30		
6:00					Adult Lap	Teen	Rec. Teen Family
6:15					5:30 – 6:30	Lap 5:30 – 7:00	5:30 – 6:45 5:30 – 6:45 5:30 – 6:45
6:30						Family Lap 5:30 – 7:00	
6:45							
7:00	Swim Clinic	Swim Clinic	Swim Clinic	Swim Clinic			
7:15	5:30-8:30	5:30-8:30	5:30-8:30	5:30-8:30			
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	Rec Lane	Rec Lane	Masters & Tri-Training	Rec Lane	Rec. Lane	Rec. Lane	Pool Closes At 6:45 pm
9:15	8:30-10:15 8:30-10:15	8:30-10:15 8:30-10:15	8:30-10:15	8:30-10:15 8:30-10:15	6:30 – 10:15 6:30 – 10:15	7:00 – 8:45 7:00 – 8:45	
9:30							
9:45							
10:00							
10:15							
10:30							

**The Pool will close at 5:45 pm on Saturday and Sundays starting on June 24, 2017 as the YMCA switches to its Summer Schedule.**



## POOL INFORMATION

**Lane Swim:** Open to all full-privilege members & guests 15 years of age and older. Lanes are designated for speed. A list of lane etiquette is posted in the pool.

**Recreation Swim:** Open to all full-privilege members & guests. Children under the age of 7 and any non-swimmer must be within arm's length of an adult member in the water. Children ages 7-11 who do not use a bubble (cube) must be supervised by an adult from the water or the balcony. No lap swimming is allowed, and no inflatable devices are allowed in the water. Bubbles are available on the pool deck.

**Adult Lap Swim:** Open to all full-privilege members & guests 19 years of age and older. Lane etiquette applies.

**Family Lane Swim:** Lap swimming for children ages 11 and under and their parents wishing to **swim laps**. Children must be accompanied by an adult in the water and must not require use of a bubble. Lane etiquette applies.

**Teen Lane:** Open to all full-privilege members & guests 12-15 years of age wishing to swim laps. Lane etiquette applies.

## POOL REGULATIONS

- All swimmers must take a shower prior to swimming – this will be strictly enforced by lifeguards
- Everyone with hair shoulder length or longer must wear a bathing cap or have hair securely tied up
- Personal toys (no inflatable devices) are allowed in the pool at the lifeguard's discretion, but YMCA toys are not allowed out of the facility
- Children wishing to use the deep end need to pass a swim test (swim length of pool without a bubble)
- Children may jump in only from between the two cones
- No kickboards allowed in open swim
- Children in bubbles or other floating aids are to remain in shallow end of pool
- Lifeguard has final word for maintaining pool safety

**Please call the Y Hotline at 973.334.0091 for any changes  
in pool schedule due to inclement weather**