



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

FALL I Session: September 11 – October 29, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
AM 5:00													
7:00													
7:15													
7:30	Lane 5-9:30	Lane 5-9:30		Lane 5-10:00	Lane 5-9:30	Lane 7-9:00	Masters & Tri-Training 7-8:30						
7:45													
8:00													
8:15													
8:30													
8:45													
9:00	Rec. 9:00 - 10:00	Rec. 8:45- 9:45	Rec. 9:00 - 10:00	Swim Workout 9-9:45	Rec. 9:00 - 10:00	Lessons 9-Noon	Swim Team 8:30-1:00						
9:15	Lesson & Preschool 9:30 - 11:30	Aqua Fit 9:45- 10:45	Aqua Sculpt 10:00 - 11:00	Lessons & Preschool 9:30 - 11:00	Water Ex. 10:00 - 11:00			Preschool & Lesson 9:30 - 11:30					
9:30													
9:45													
10:00	Aqua Sculpt 10:00 - 11:00	Arthritis 10:45- 11:30	Rec. 11:00 - 12:00	Aqua Fit 9:45 - 10:45	Rec. 11:00 - 12:00								
10:15				Arthritis 10:45 - 11:30									
10:30													
10:45													
11:00	Rec. 11:00 - 12:00	Swim Workout 11:45 - 12:30		Adult Lap 11:30 -1:00	Adult Lap 11:30-1:00	Transition Time							
11:15		Adult Lap											
11:30													
11:45													
PM 12:00	Adult Lap 11:30 - 1:00	11:30 - 1:00	Adult Lap 11:00 - 1:00	Adult Lap 11:30 -1:00	Adult Lap 11:30-1:00								
12:15													
12:30													
12:45													
1:00	Lessons 1:00 - 2:00		Lessons 1:00 - 2:00	Adult Lessons 1:00 - 1:45	Rec. 1:00 - 3:30	Swim Team 12:15-4:15	Transition Time						
1:15	Lane 1-3:30	REC. 1:00 - 3:30	Lane 1:00 - 3:30	Lane 1:00 - 3:30	Lane 1:00 - 3:30		Lessons 1:15 - 3:15						
1:30													
1:45													
2:00													
2:15		REC. 2:00 - 3:30		REC. 2:00 - 3:30	Rec. 1:45 - 3:30								
2:30													
2:45													
3:00													
3:15													
3:30	Lessons 3:30 - 5:30	Lessons 3:30 - 5:30	Lessons 3:30 -5:30	Lessons 3:30 -5:30	Lesson 3:30 - 5:30		Rec. 3:00 - 4:30						
3:45							Lane 3:15 - 5:30						
4:00						Pool Parties 4:30-5:30	Pool Party 4:30-5:30						
4:15						Lane 4:15 - 6:00							
4:30													
4:45													
5:00													
5:15													
5:30	Adult Lap 5-6:30	Adult Lap 5:30- 6:30	Adult Lap 5-6:30	Adult Lap 5:30 - 6:30			Rec. 5:30 - 6:45						
5:45							Teen Lap 5:30 - 6:45						
6:00							Family Lap 5:30 - 6:45						
6:15													
6:30													
6:45													
7:00													
7:15													
7:30	Swim Team 5:30 - 9:00	Swim Team 5:30 - 8:30	Swim Team 5:30 - 8:30	Swim Team 5:30 - 8:30	Swim Team 5:30 - 8:30	Rec 5:30- 8:45							
7:45						Family & Teen Lap Swim 6:00 - 8:45							
8:00													
8:15													
8:30		Transition Time		Transition Time									
8:45		Adult Lessons 8:30- 9:30	Masters & Tri-Training 8:30-10:15	Adult Lessons 8:30- 9:30	Rec. 8:30 - 10:15								
9:00		Rec 8:45 - 10:15		Rec 8:45- 10:15	Teen Lap Swim 8:30 - 10:15								
9:15					Family Lap Swim 8:30 - 10:15								
9:30	Lane 9-10:15	Lane 9:30- 10:15		Lane 9:30- 10:15									
9:45													
10:00													
10:15													
10:30	Pool closes at 10:15pm						Pool Closes at 8:45pm	Pool Closes At 6:45pm					



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 (including anyone wearing a bubble) must be within arm's length of an adult member (18 & older) in the water. Children ages 7-11 who do not use a bubble 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 together**. Children must be accompanied by an adult (18 & older) 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 stopping or in need of a bubble)
- Children may jump in only from between the two cones
- No kickboards allowed in recreational swim
- Children in bubbles or other floating aids are to remain in shallow end of pool with an adult (18 & older)
- Lifeguard has final word for maintaining pool safety and will advise if diving board is open at their own discretion.

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