



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

SPRING II Session: April 24 – June 11, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
AM											
7:00	Lane 5-9:30am	Lane 5-9:30am	Lane 5-10:00am	Lane 5-9:30am	Lane 5-9:30am	Lane 7-9:00am	Masters & Tri-Training 7-8:30am				
7:15											
7:30											
7:45											
8:00											
8:15											
8:30											
8:45											
9:00	Aqua Sculpt 9-10:00	Rec. 8:45 – 9:45	Aqua Sculpt 9-10:00	Swim Workout 9:00 – 9:45	Rec. 9:00 - 10:00	Lessons 9-Noon	Adult Lap 8:30 -9:45				
9:15	Preschool & Lessons 9:30- 11:30	Aqua Fit 9:45 - 10:30	Preschool & Lessons 9:30 – 11:30	Aqua Fit 9:45 – 10:45	Water Ex. 10:00 - 11:00			Preschool & Swim, Gym, and Fun 9:30- 11:30			
9:30		Arthritis 10:45 - 11:30	Rec. 10:00 – 12:00	Arthritis 10:45 - 11:30	Rec. 11:00- 12:00						
9:45		Swim Workout 11:45- 12:30	Adult Lap	Adult Lap 11:00 - 1:00	Rec. 11:30 – 1:00				Adult Lap 11:30- 1:00	Rec. 9:45 - 11:45	Lane 9:45 - 11:45
10:00		Rec 10:00 - 12:00									
10:15											
10:30											
10:45											
11:00											
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11:30											
11:45											
PM											
12:00	Adult Lap 11:30-1:00	11:30 - 1:00	Adult Lap 11:00 - 1:00	Rec. 11:30 – 1:00	Adult Lap 11:30- 1:00	Adult Lap 11:30-1:00	Adult Lap 11:45 – 1:15				
12:15											
12:30											
12:45											
1:00	Lessons 1-2:00		Lessons 1-2:00	Adult Lessons 1-1:45		Rec. 12:00 - 4:15	Lessons 1:15-3:15				
1:15	Lane 1-3:30	Rec. 1:00 – 3:30	Lane 1:00 – 3:30	Rec 2-3:30	Lane 1-3:30			Rec 1-3:30	Lane 1-4:00		
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3:30											
3:45											
4:00											
4:15	Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30 – 5:30	Pool Parties 4:15- 5:15	Rec. 3:15 - 5:15	Lane 3:15 - 4:15			
4:30	Adult Lap 5-6:30	Lessons 3:30-5:30	Adult Lap 5-6:30	Lessons 3:30-5:30	Adult Lap 5:30-6:30				Pool Parties 4:15- 5:15	Rec. 3:15 - 5:15	Lane 3:15 - 4:15
4:45											
5:00											
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5:30											
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6:45											
7:00											
7:15	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- 7:30	Lane 5:30 - 7:30	Teen Lap 5:30 - 6:45			
7:30	Adult Lap 5-6:30	Swim Team 5:30-8:30	Swim Team 5:30-8:30	Swim Team 5:30-8:30	Rec 5:30- 10:15				Lane 5:30- 10:15	Rec. 5:30 - 7:30	Lane 5:30 - 7:30
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Dates the Pool Schedule Changes

- April 29 -Healthy Kids Day Pool Closed 12 – 2 pm
- April 28 (6-8:30pm) April 30 (10 am – 2pm) -Lifeguard Recert. (2 Lanes)
- May 12 and 19 (6-8:30 pm) 13,14,20, and 21 – Intensive Lifeguard Course (2 Lanes)
- June 2 and 9 (6-9 pm), 3, 4, and 10, 11 Water Safety Course 2-6 (2 lanes)

Lakeland Hills Family YMCA
100 Fanny Road, Mountain Lakes, NJ 07046

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www.lakelandhillsymca.com



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**