

OCTOBER-MARCH LAP SWIM SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM		6 Lanes					
6:00 AM	6 Lanes	3 Lanes Masters (4-6)	6 Lanes	6 Lanes	6 Lanes		
7:00 AM	3 Lanes	6 Lanes	3 Lanes	6 Lanes	3 Lanes	3 Lanes Masters (4-6)	
8:00 AM	5 Lanes	2 Lanes	5 Lanes	2 Lanes	5 Lanes	2 Lanes	
9:00 AM	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	3 Lanes	4 Lanes
10:00 AM							
11:00 AM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	3 Lanes	
12:00 PM	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes		
1:00 PM							
2:00 PM							
3:00 PM						4 Lanes	
4:00 PM	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane		
5:00 PM							
6:00 PM	3 Lanes	3 Lanes	3 Lanes	3 Lanes	3 Lanes		
7:00 PM	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes		
8:00 PM							
8:15 PM							

Lanes Available

Please note that the lanes available are based on the programming that will be occurring at that time

Masters Swim

Member benefit and a great work out to start your day! This is a coached swim class and a good fit if you are training for a triathlon or just want to get back into swimming!

Lap Swim Etiquette

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

If you have a question about the pool or the programming at the pool please see a Lifeguard first or the Aquatic Director. You may also contact us at memartinez@ymca.org.

OCTOBER-MARCH FAMILY SWIM SCHEDULE



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Shallow area	Shallow area	Shallow area	Shallow area	Shallow area and 2 Lanes	Shallow area	Shallow area and 2 Lanes
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM						Shallow area	
10:00 AM	Shallow area and 1 Lane	Shallow area and 1 Lanes	Shallow area and 1 Lane	Shallow area and 1 Lane		Shallow area and 1 Lane	
11:00 AM							
12:00 AM							
12:30 PM							
1:00 PM						Shallow area and 2 Lanes	
2:00 PM							
2:30 PM							
6:00 PM	Shallow area and 2 Lanes	Shallow area and 2 Lanes	Shallow area and 2 Lanes	Shallow area and 2 Lanes	Shallow area and 2 Lanes		
7:00 PM							
8:00 PM							
8:15 PM							

Pool Rules

- YMCA Lifeguard has final authority
- It's the rule, one long whistle - exit the pool immediately
- For your safety, children 6 and under must be actively supervised by an adult 18 years or older
- All patrons under 12 years old must meet one of the following:
 - Successfully pass a swim test (25 yards continuous swim and tread water for one minute) OR
 - Stand comfortably chest deep water in the entire swim zone OR
 - Wearing a properly fitted United States Coast Guard (USCG) approved Personal Flotation Device (PFD or lifejacket) OR
 - Be within arms reach of adult (only one non-swimmer per adult)
- Recreational diving permitted in 9 feet of water or more
- Please walk on pool deck
- Prolonged underwater breath holding is dangerous and not permitted
- Only USCG approved lifejacket may be used
- All pool equipment must be used appropriately
- Swimming without a certified lifeguard on duty is prohibited
- Swim diapers are required for swimmers who are not potty-trained
- Please shower before entering the pool
- Eating is permitted in designated areas only
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, etc. are not permitted)

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