



AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

www.farmingtonvalleyYMCA.org

860 653 5524

Spring 1

March 1st - March 31st

posted 2.28.2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LANE 1	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-10.30pm Y Swim Team 10.30am-1.00pm Swim Lessons 1.00pm-8.45pm Lap Swim	11.00am-12.00pm Lap Swim 12.00pm-2.00pm LEHY Swim Team 2.00pm-3.40pm Lap Swim 3.40pm-4.30pm Swim Lessons 4.30pm-5.45pm Lap Swim
LANE 2	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm SL/Swim Team 12.00pm-1.00pm Lap Swim 1.00pm-3.00pm LEHY Swim Team 3.00pm-8.45pm Lap Swim	11.00am-12.00pm Lap Swim 12.00pm-2.00pm LEHY Swim Team 2.00pm-5.45pm Lap Swim
LANE 3	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm SL/ Swim Team 12.00pm-1.00pm Lap Swim 1.00pm-3.00pm LEHY Swim Team 3.00pm-8.45pm Lap Swim	11.00am-12.00pm Lap Swim 12.00pm-2.00pm LEHY Swim Team 2.00pm-5.45pm Lap Swim
LANE 4	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-1.00pm Lap Swim 1.00pm-3.00pm LEHY Swim Team 3.00pm-8.45pm Lap Swim	11.00am-5.45pm Lap Swim
LANE 5	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.15pm HS Swim Team 9.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-2:45pm Lap Swim 2.45pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-8.45pm Lap Swim	11.00am-5.45pm Lap Swim
LANE 6	5.30am-3.15pm Lap Swim 3.15pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15-4.45pm HS Swim Team 4.45pm-8.15pm SL /Swim Team 8.15pm-9.45pm Lap Swim	5.30am-3.15pm Lap Swim 3.15pm-4.45pm HS Swim Team 4.45pm-8.15pm SL / Swim Team 8.15pm-9.45pm Lap Swim	7.30am-7.45am Lap Swim 7.45am-12.00pm Y Swim Team 12.00pm-8.45pm Lap Swim	11.00am-5.45pm Lap Swim
LANE 7	5.30am-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-9.45pm Lap Swim	5.30am-11.30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-9.45pm Lap Swim	5.30am-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-11.30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-11.30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-4.00pm Lap Swim 4.00pm-6.00pm ADULT Lap Swim 6.00pm-8.45pm Lap Swim	5.30am-9.30pm Lap Swim 9.30am-10:15am W. Aerobics 10.15am-6.00pm ADULT Lap Swim 6.00pm-7.45pm Lap Swim	7.30am-8.45pm Lap Swim	11.00am-5.45pm Lap Swim
LANE 8	5.30am-9.45pm Lap Swim	5.30am-11:30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-9.45pm Lap Swim	5.30am-9.45pm Lap Swim	5.30am-11:30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-9.45pm Lap Swim	5.30am-11:30am Lap Swim 11.30am-12.15pm W. Aerobics 12.15pm-9.45pm Lap Swim	5.30am-9.30am Lap Swim 9.30am-10:15am W. Aerobics 10.15am-9.45pm Lap Swim	5.30am-9.45pm Lap Swim	11.00am-5.45pm Lap Swim

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. There may be times where only one lap lane is available to lap swimmers, we appreciate your patience and cooperation during these times.

During Peak Times of 4pm-6pm Monday- Friday - Lane 7 will only be available to members 18 years of age and older. HS Swim Team ends 3/19/18



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3 FEET	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am WATER EXER. 10.00am-12.15pm Swim Lessons 12.15pm-4.00pm OPEN SWIM 4.00pm-6.20pm Swim Lessons 6.20pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.45am OPEN SWIM 8.45am-9.30am WATER EXER. 9.15am-10.00am Swim Lessons 10.00am-11.00am WATER EXER. 11.00am-11.45am WATER EXER. 11.45am-4.00pm OPEN SWIM 4.00pm-6.30pm Swim Lessons 6.30pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am Water Zumba. 10.00am-12.15pm Swim Lessons 12:15pm-4.30pm OPEN SWIM 4.30pm-7.30pm Swim Lessons 6.35pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.45am OPEN SWIM 8.45am-9.30am WATER EXER. 9.15am-10.00am OPEN SWIM 10.00am-11.00am WATER EXER. 11.00am-11.45am WATER EXER. 11.45am-12.15pm Swim Lessons 12.15pm-4.00pm OPEN SWIM 4.00pm-6.30pm Swim Lessons 6.30pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-9.15am OPEN SWIM 9.00am-12.00pm Swim Lessons 12.00pm-4.00pm OPEN SWIM 4.00pm-6.00pm Swim Lessons 6.00pm-9.45pm OPEN SWIM	7.30am-9.00pm OPEN SWIM 9.00am-11.50am Swim Lessons 11.50am-12.00pm OPEN SWIM 12.00pm-12.50pm Swim Lessons 12.50pm-1.00pm OPEN SWIM 1.00pm-2.15pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 2.15pm-3.30pm OPEN SWIM 3.30pm-4.30pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 4.30pm-8.45pm OPEN SWIM *POOL SPACE LIMITED FOR LESSONS*	11.00am-11.15am OPEN SWIM 11.15am-12.35pm Swim Lessons *POOL SPACE LIMITED FOR LESSONS* 12.30pm-1.45pm POOL PARTY 1.30pm-5.00pm Swim Lessons (OPEN SWIM IF NO POOL PARTY) 2.00pm-5.45pm OPEN SWIM	
	5 FEET	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am WATER EXER. 9.45am-6.30pm OPEN SWIM 4.00pm-7.15pm Swim Lessons 7.15pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.30am OPEN SWIM 8.30am-9.15am WATER EXER. 10.00am-10.45am WATER EXER. 10.45am-4.45pm OPEN SWIM 4.45pm-6.00pm Swim Lessons 6.00pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am Water Zumba. 9.45am-4.00pm OPEN SWIM 4.00pm-6.45pm Swim Lessons 6.45pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.30am OPEN SWIM 8.30am-9.15am WATER EXER. 9.15am-10.00am OPEN SWIM 10.00am-11.00am WATER EXER. 11.00am-11.45am WATER EXER. 10.45am-5.00pm OPEN SWIM 5.00pm-7.00pm Swim Lessons 7.00pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-9.45am OPEN SWIM 9.45am-12.00pm Swim Lessons 12.00pm-4.45pm OPEN SWIM 4.45pm-6.00pm Swim Lessons 5.30pm-9.45pm OPEN SWIM	7.30am-10.30am OPEN SWIM 10.30am-12.50pm Swim Lessons *POOL SPACE LIMITED FOR LESSONS* 12.50pm-1.00pm OPEN SWIM 1.00pm-2.15pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 2.15pm-3.30pm OPEN SWIM 3.30pm-4.30pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 4.30pm-8.45pm OPEN SWIM	11.00am-12.30am OPEN SWIM (OPEN SWIM IF NO POOL PARTY) 1.30pm-5.00pm Swim Lessons 12.30pm-1.45pm POOL PARTY *POOL SPACE LIMITED FOR LESSONS* (OPEN SWIM IF NO POOL PARTY) 2.40pm-5.45pm OPEN SWIM(if no lessons)
		12 FEET	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am WATER EXER. 9.45am-6.35pm OPEN SWIM 6.30pm-7.15pm Swim Lessons 7.15pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.30am OPEN SWIM 8.30am-9.15am WATER EXER. 9.15am-11.00am OPEN SWIM 10.00am-10.45am WATER EXER. 11.00am-11.45am WATER EXER. 11.45am-5.00pm OPEN SWIM 5:00pm-7:00pm Open Dive 7:00pm-7:30pm OPEN SWIM 7:30pm-9:00pm HS Diving 9:00pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.15am OPEN SWIM 8.15am-9.00am HEALTHY BACK 9.00am-9.45am Water Zumba. 10.00am-5.00pm OPEN SWIM 5:00pm-7.00pm Swim Lessons 7.00pm-7.30pm OPEN SWIM 7.30pm-9.00pm HS Diving 9.00-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-8.30am OPEN SWIM 8.30am-9.15am WATER EXER. 9.15am-10.00am OPEN SWIM 10.00am-11.00am WATER EXER. 11.00am-11.45am WATER EXER. 11.45am-6.00pm OPEN SWIM 6.00pm-7.00pm Swim Lessons 7.00pm-7.30pm OPEN SWIM 7.30pm-9.00pm HS Diving 9.00pm-9.45pm OPEN SWIM	5.30am-7.00am ADULT OPEN 7.00am-5.00pm OPEN SWIM 5:00pm-7:00pm Open Dive 7.00pm-9.45pm OPEN SWIM	7.30am-11.15am OPEN SWIM 11.15am-12.50am Swim Lessons 12.50pm-1.00pm OPEN SWIM *POOL SPACE LIMITED FOR LESSONS* 1.00pm-2.15pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 2.15pm-3.30pm OPEN SWIM 3.30pm-4.30pm POOL PARTY (OPEN SWIM IF NO POOL PARTY) 4.30pm-8.45pm OPEN SWIM

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 non-swimmers must wear an approved PFD. (Coast Guard Approved)
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 12ft 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.

IMPORTANT FACILITY INFORMATION

All pool areas close 15 minutes prior to the facility.
Please make sure you have proper swim attire before entering the water, bathing suits are required.
The minimum age to use the whirlpool, steam room and sauna is 18 years.
Pools close for 30 minutes after each evidence of thunder or lightning.
Visit our website for up to the hour ALERTS or CLOSURES:
We must maintain a ratio of 1 lifeguard to 25 people in the pool. If we exceed that ratio we will close the pool to incoming members.
www.farmingtonvalleyYMCA.org

MAKE A SPLASH!

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

IMPORTANT CLOSURE DATES

HS DIVING ENDS March 19th