



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Apr 23 - June 10

SPRING SESSION 2 : 2018

POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 5AM	POOL OPENS AT 7AM	POOL OPENS AT 9AM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 7:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 8:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 8AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 8:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	5 - 7:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	7 - 8:45AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	9AM - 10AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes)
7:45 - 9AM <ul style="list-style-type: none"> Member Lap Swim (4 lanes) Water Fitness (4 lanes, 8-8:55AM) 	8:45 - 10AM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Water Fitness (3 lanes, 9AM-9:45) 	7:45 - 9AM <ul style="list-style-type: none"> Member Lap Swim (4 lanes) Water Fitness (4 lanes, 8-8:55AM) 	8:45 - 10AM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Water Fitness (3 lanes, 9-9:45AM) 	7:45 - 9AM <ul style="list-style-type: none"> Member Lap Swim (4 lanes) Water Fitness (4 lanes, 8-8:55PM) 	8:45AM - 12PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes, 8:45-12PM) Swim Lessons (3 lanes, 9AM-12PM) 	10AM - 11AM <ul style="list-style-type: none"> Member Lap Swim (8 lanes)
9AM - 4PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	10AM - 12:45PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	9AM - 1:45PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	10AM - 12:45PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	9AM - 4PM <ul style="list-style-type: none"> Member Lap Swim (7 lanes, 9:30-10AM) Private Swim Lesson: (1 lane, 9:30-10AM) Member Lap Swim (8 lanes, 10AM-4PM) 	12:15 - 12:45PM <ul style="list-style-type: none"> Member Lap Swim (7 lanes, 12:15-12:45PM) Private Swim Lesson: (1 lane, 12:15-12:45PM) 	
	12:45 - 2PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes, 12:45-2PM) Water Fitness (3 lanes, 1PM-1:45PM) 	1:45 - 3:15PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) Swim Lesson (1 lanes, 2:45-3:15PM) Member Lap Swim (7 lanes, 2:45-3:15PM) 	12:45 - 2PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Water Fitness (3 lanes, 1-1:45PM) 	4 - 6PM <ul style="list-style-type: none"> Member Lap Swim (6 lanes) Swim Lessons (2 lanes, 4-6PM) 		
4 - 5:45PM <ul style="list-style-type: none"> Member Lap Swim (6 lanes, 4-5:45PM) Swim Lessons (2 lane, 4:45 - 5:45PM) 	2 - 4PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	3:15 - 4PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes, 3:15-4PM) 	2 - 4PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes, 2- 3PM) Member Lap Swim (7 lanes, 3 - 3:30PM) Private Swim Lessons (1 lanes, 3:30 - 4PM) Member Lap Swim (7 lanes, 3:30PM-4PM) 	6 - 6:30PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Swim Team (3 lanes) 	12:45 - 3:30PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Family Swim (3 lanes) 	11AM - 3:30PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes) Family Swim (3 lanes)
5:45 - 6PM <ul style="list-style-type: none"> Member Lap Swim (6 lane, 5:45 - 6PM) Swim Lessons (2 lanes, 5:45 - 6:15PM) 	4 - 5:45PM <ul style="list-style-type: none"> Member Lap Swim (6 lanes, 4-5:45PM) Swim Lessons (2 lane, 4-5:45PM) 	4 - 5:30PM <ul style="list-style-type: none"> Swim Lessons (2 lanes, 4-5:30PM) Member Lap Swim (6 lanes, 4-5:30PM) Member Lap Swim (5 lanes, 5-5:30PM) Private Swim Lesson (1 lanes, 5-5:30PM) 	4 - 4:45PM <ul style="list-style-type: none"> Member Lap Swim (5 lane, 4-4:45PM) Swim Lessons (3 lanes, 4-4:45PM) 	6:30 - 7:30PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes, 6:30-7:30PM) Swim Team (3 lanes 6:30-7:30PM) 	POOL CLOSSES AT 3:30PM	POOL CLOSSES AT 3:30PM
6 - 7PM <ul style="list-style-type: none"> Swim Lessons (2 lanes, 6 - 6:30PM) Member Lap Swim (6 lanes, 6 - 6:30PM) Swim Team (3 lanes, 6:30PM - 7PM) Member Lap Swim (5 lanes, 6:30 - 7PM) 	5:45PM - 7PM <ul style="list-style-type: none"> Swim Lessons (1 lane, 6-6:45PM) Member Lap Swim (4 lane 6 - 7PM) Water Fitness (3 lanes, 6-7PM) 	5:30 - 6:30PM <ul style="list-style-type: none"> Swim Lessons (2 lanes, 5:30 - 6:30PM) Member Lap Swim (6 lane, 5:30 - 6PM) Hyro Running (3 lanes, 6- 6:30PM) Member Lap Swim (3 lane, 6 - 6:30PM) 	4:45 - 5:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes 4:45-5:30PM) 	POOL CLOSSES AT 7:30PM		
7 - 8PM <ul style="list-style-type: none"> Member Lap Swim (5 lanes, 7-7:30PM) Swim Team (3 lanes, 7 - 7:30PM) Member Lap Swim (8 lanes, 7:30 - 8PM) 	7 - 8:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes 7PM - 8:30PM) 	6:30 - 7PM <ul style="list-style-type: none"> Hyro Running (3 lanes, 6:30-7PM) Member Lap Swim (5 lanes, 6:30-7PM) 	5:30 - 6:30PM <ul style="list-style-type: none"> Water Fitness (4 lanes, 5:30-6:25PM) Member Lap Swim (4 lane, 5:30-6:30PM) 			
8 - 8:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	8 - 8:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	7 - 8:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 	6:30- 8:30PM <ul style="list-style-type: none"> Member Lap Swim (8 lanes) 			
POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM			

IMPORTANT INFORMATION

- Member Lap Swim

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.

Lap Pool Rules for Children Under 12 During Family Swim
To be allowed in the Lap Pool, all children under 12 years of age MUST either wear a lifejacket or be held by a parent or guardian over the age of 18, unless they have passed a swim test.

NO breath holding games or drills are permitted. NO head-first diving permitted, only feet-first forward facing pool entry.

Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are not allowed.



Hale YMCA Youth & Family Center

AQUATICS SCHEDULE -WARM WATER POOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Apr 23 - June 10

SPRING SESSION 2 : 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 9AM
7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30AM Adult Leisure Family Swim in shallow only	7 - 8:30 AM Adult Leisure Family Swim in shallow only	9AM - 1PM Family Swim
8:30AM - 10:30AM Family Swim	8:30 - 10:30AM Family Swim	8:30AM - 12PM Family Swim	8:30 - 10:30AM Family Swim	8AM - 12PM Family Swim	8:30 - 9:30AM Family Swim	9:30 - 11AM Swim Lessons (Deep Area) Family Swim
10:30AM - 11AM Swim Lessons (Deep Area) Family Swim in shallow only	10:30AM - 11AM Swim Lessons (Deep Area) Family Swim in shallow only	12:00 - 12:45 PM Gentle Joints Family Swim in shallow only	10:30AM - 11AM Swim Lessons (Deep Area) Family Swim in shallow only	12 - 12:45PM Warm Water Conditioning Family Swim in shallow only	9:30- 11:30AM Swim Lessons (Deep Area) Family Swim in shallow only	11AM - 1PM Family Swim
11AM - 12PM Family Swim	11AM - 4PM Family Swim	12:45 - 4:45PM Family Swim	11AM - 4:45PM Family Swim	12:45 - 4PM Family Swim	11:30AM - 1PM Family Swim	
12PM - 12:45 PM Gentle Joints (12-12:45) Family Swim in shallow only				4 - 5:15PM Swim Lessons (Deep Area) Family Swim in shallow only	1 - 2PM Shared Pool Family Swim/Birthday Party	1 - 2PM Shared Pool Family Swim/Birthday Party
				5:15 - 7:30PM Family Swim	2 - 3:30 PM Family Swim	2 - 3:30 PM Family Swim
				POOL CLOSSES AT 7:30PM	POOL CLOSSES AT 3:30PM	POOL CLOSSES AT 3:30PM
12:45 - 4:45PM Family Swim	4 - 6PM Swim Lessons (Deep Area) Family Swim in shallow only		4:45 - 5:15PM Swim Lessons (Deep Area) Family Swim in shallow only	<div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p style="text-align: center;">IMPORTANT INFORMATION</p> <p>Children 5 and under and non swimmers must have a guardian in the pool within arms reach at all times. Children 8 years of age and under must have a guardian on the pool deck. Children 9 -12 years of age must have a guardian in the aquatic area.</p> <p>NO breath holding games or drills are permitted.</p> <p>NO head-first diving permitted, only feet-first forward facing pool entry.</p> <p>NO mermaid type fins or tails permitted.</p> <p>Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are not allowed.</p> </div>		
4:45- 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only		4:45PM - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only				
6:15 - 8:30PM Family Swim	6 - 8:30PM Family Swim	6:15 - 8:30PM Family Swim	5:15 - 8:30PM Family Swim			
POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM			