



## Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Fall Session 2: Monday 10/29/2018 - Sunday 12/16/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POOL OPENS AT 5AM</b>	<b>POOL OPENS AT 5AM</b>	<b>POOL OPENS AT 5AM</b>	<b>POOL OPENS AT 5AM</b>	<b>POOL OPENS AT 5AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 9AM</b>
5AM - 7:45AM • Member Lap Swim (8 lanes)	5AM - 8:45AM • Member Lap Swim (8 lanes)	5AM - 7:45AM • Member Lap Swim (8 lanes)	5AM - 8:45AM • Member Lap Swim (8 lanes)	5AM - 7:45AM • Member Lap Swim (8 lanes)	7AM - 10:15AM • Member Lap Swim (8 lanes)	9AM - 9:30AM • Member Lap Swim (8 lanes)
7:45AM - 9AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	8:45AM - 10AM • Member Lap Swim (4 lanes, 8:45AM - 10AM) Aqua Fitness (4 lanes, 9AM - 9:45AM)	7:45AM - 9AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8-8:55AM)	8:45AM - 10AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 9-9:45AM)	7:45AM - 9AM • Member Lap Swim (4 lanes) Aqua Fitness (4 lanes, 8AM-8:55AM)		9:30AM - 10:15AM • Member Lap Swim (5 lanes 9:30-10:15AM) Swim Lessons (3 lanes, 9:30AM-10:15AM)
9AM - 3:15PM • Member Lap Swim (8 lanes)	10:00AM - 12:45PM • Member Lap Swim (8 lanes)	9AM - 4:15PM • Member Lap Swim (5 lanes, 9-4:00PM) • Member Lap Swim (4 lanes, 4-4:15PM) Swim Team (3 lanes, 1:45PM - 4:15PM) Swim Lessons (1 lanes, 4PM - 4:15PM)	10AM - 12:45PM • Member Lap Swim (8 lanes)	9AM - 3PM • Member Lap Swim (8 lanes, 9AM - 3PM)	10:15AM - 11:15AM • Member Lap Swim (5 lanes 10:15-11:15AM) Swim Lessons (3 lanes, 10:30AM-11:15AM)	10:15AM - 12:15PM • Member Lap Swim (8 lanes)
3:15PM - 3:45PM • Member Lap Swim (5 lanes, 3:15PM - 3:45PM) Swim Team (3 lanes, 3:15PM - 3:45PM)	12:45PM - 2:00PM • Member Lap Swim (5 lanes) Aqua Fitness (3 lanes, 1PM-1:45PM)	4:15PM - 4:45PM • Member Lap Swim (7 lanes, 4:15 - 4:45PM) Swim Lessons (1 lanes, 4:15 - 4:45PM)	12:45PM - 1:45PM • Member Lap Swim (5 lanes, 12:45 - 1:45PM) Aqua Fitness (3 lanes, 1PM-1:45PM)	3PM - 4:45PM • Member Lap Swim (5 lanes 3-3:45PM) • Member Lap Swim (2 lanes 3:45-4:15PM) • Member Lap Swim (5 lanes 4:15-4:45PM) Swim Team (3 lanes, 3:15PM-3:45PM) Swim Team (6 lanes, 3:45PM-4:15PM) Swim Team (3 lanes, 4:15PM-4:45PM)		
3:45PM - 5:30PM • Member Lap Swim (3 lanes 4:15-5:15PM) Swim Lesson (2 lanes 4:5:30PM) Swim Team (3 lanes, 3:45-5:15PM)	2:00PM - 3:15PM • Member Lap Swim (8 lanes)	4:45PM - 5:30PM • Member Lap Swim (8 lanes 4:45-5:30PM)	1:45PM - 3:15PM • Member Lap Swim (8 lanes)	4:45PM - 5:45PM • Member Lap Swim (4 lanes 4:45-5:45PM) Swim Lessons (2 lanes, 5PM-5:45PM) Swim Team (3 lanes, 4:45PM-5:45PM)		
5:30PM - 6:15PM • Member Lap Swim (5 lanes, 5:30-6:15PM) Swim Team (3 lanes, 5:30-6:15PM)	3:15PM - 4:30PM • Member Lap Swim (5 lanes, 3:15 - 3:45PM) • Member Lap Swim (2 lanes, 3:45 - 4:00PM) Swim Lessons (2 lanes, 4PM - 4:30PM) Swim Team (3 lanes, 3:15PM - 3:45PM) Swim Team (6 lanes, 3:45PM - 4:15PM)	5:30PM - 6:30PM • Member Lap Swim (3 lanes 5:30 - 6:30PM) Aqua Fitness (3 lanes, 5:30 - 6:25PM) Swim Lessons (2 lanes, 5:45PM - 6:30PM)	3:15PM - 4:15PM • Member Lap Swim (5 lanes 3:15 - 3:45PM) • Member Lap Swim (2 lanes 3:45 - 4:15PM) Swim Team (3 lanes, 3:15PM-3:45PM) Swim Team (6 lanes, 3:45PM-4:15PM)	5:45 - 7:30PM • Member Lap Swim (5 lanes, 5:45PM-6:15PM) • Member Lap Swim (2 lanes, 6:15PM-7:30PM) Swim Team (3 lanes, 5:45PM - 6:15PM) Swim Team (6 lanes, 6:15PM - 7:30PM)	11:15AM - 3:30PM • Member Lap Swim (5 lanes) Family Swim (3 lanes)	12:15PM - 3:30PM • Member Lap Swim (5 lanes) Family Swim (3 lanes)
6:15PM - 7:30PM • Member Lap Swim (2 lanes, 6:15PM - 7:30PM) Swim Team (6 lanes, 6:15PM - 7:30PM)	4:30PM - 6:30PM • Member Lap Swim (3 lanes, 4:30-5:30PM) • Member Lap Swim (2 lanes, 5:30-6:30PM) Swim Team (3 lanes, 5:30PM - 6:30PM) Aqua Fitness (3 lanes, 5:30PM - 6:30PM)	4:15PM - 5:30PM • Member Lap Swim (5 lanes 4:15 - 5:15PM) • Member Lap Swim (7 lanes 5:15 - 5:30PM) Swim Team (3 lanes, 4:15PM-5:15PM) Swim Lessons (1 lane, 5:15PM - 5:30PM)	4:15PM - 5:30PM • Member Lap Swim (5 lanes 4:15 - 5:15PM) • Member Lap Swim (7 lanes 5:15 - 5:30PM) Swim Team (3 lanes, 4:15PM-5:15PM) Swim Lessons (1 lane, 5:15PM - 5:30PM)	<b>POOL CLOSING AT 7:30PM</b>	<b>POOL CLOSING AT 3:30PM</b>	<b>POOL CLOSING AT 3:30PM</b>
7:30PM - 8:30PM • Member Lap Swim (8 lanes)	6:30PM - 7:45PM • Member Lap Swim (2 lanes 6:30 - 7:45PM) Swim Team (6 lanes, 6:30PM - 7:45PM)	5:30PM - 7:30PM • Member Lap Swim (2 lanes 5:30 - 6:15PM) • Member Lap Swim (5 lanes 6:30 - 7:30PM) Aqua Fitness (3 lanes, 5:30PM - 6:30PM) Swim Lessons (1 lane, 5:30PM - 6:15PM) Swim Team (3 lanes, 5:30PM-7:30PM)	5:30PM - 7:30PM • Member Lap Swim (2 lanes 5:30 - 6:15PM) • Member Lap Swim (3 lanes 6:15 - 6:30PM) • Member Lap Swim (5 lanes 6:30 - 7:30PM) Aqua Fitness (3 lanes, 5:30PM - 6:30PM) Swim Lessons (1 lane, 5:30PM - 6:15PM) Swim Team (3 lanes, 5:30PM-7:30PM)			
<b>POOL CLOSING AT 8:30PM</b>	<b>POOL CLOSING AT 8:30PM</b>	<b>POOL CLOSING AT 8:30PM</b>	<b>POOL CLOSING AT 8:30PM</b>			

### 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

Fall Session 2: Monday 10/29/2018 - Sunday 12/16/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 7AM</b>	<b>POOL OPENS AT 9AM</b>
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 - 10:15AM Family Swim
8:30 - 12:00PM Family Swim	8:30 - 10:30AM Family Swim	8:30 - 12:00PM Family Swim	8:30 - 9AM Family Swim	8:30 - 12PM Family Swim	8:30 - 9:30AM Family Swim	
12 - 12:45 PM Gentle Joints Family Swim in shallow only	10:30 - 11:00AM Swim Lessons (Deep Area) Family Swim in shallow only	12:00 - 12:45PM Gentle Joints Family Swim in shallow only	9 - 11AM Aqua Yoga (9 - 9:50AM) Family Swim (9:50AM - 10:30AM) Swim Lessons (Deep Area 10:30 - 11AM) Family Swim in shallow only	12 - 12:45 PM Shallow Water Fitness Family Swim in shallow only	9:30 - 10:30AM Swim Lessons (Deep Area) Family Swim in shallow only	10:15AM - 11AM Swim Lessons (Deep Area) Family Swim in shallow only
12:45 - 5PM Family Swim	11:00AM - 4PM Family Swim	12:45PM - 4PM Family Swim	11AM - 4:45PM Family Swim	12:45 - 5:30PM Family Swim	10:30AM - 1PM Family Swim	11AM - 1PM Family Swim
				5:30 - 6:30PM Shared Pool Family Swim/Birthday Party	1 - 2PM Shared Pool Family Swim/Birthday Party	1 - 2PM Shared Pool Family Swim/Birthday Party
				6:30 - 7:30PM Family Swim	2 - 3:30 PM Family Swim	2 - 3:30 PM Family Swim
				<b>POOL CLOSSES AT 7:30PM</b>	<b>POOL CLOSSES AT 3:30PM</b>	<b>POOL CLOSSES AT 3:30PM</b>
5 - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only	4 - 4:30PM Swim Lessons (Deep Area) Family Swim in shallow only	4 - 5:30PM Swim Lessons (Deep Area) Family Swim in shallow only	4:45 - 5:30PM Swim Lessons (Deep Area) Family Swim in shallow only	<p><b>IMPORTANT INFORMATION</b></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>		
6:15 - 8:30PM Family Swim	4:30- 8:30PM Family Swim	5:30 - 8:30PM	5:30 - 8:30PM Family Swim			
<b>POOL CLOSSES AT 8:30PM</b>	<b>POOL CLOSSES AT 8:30PM</b>	<b>POOL CLOSSES AT 8:30PM</b>	<b>POOL CLOSSES AT 8:30PM</b>			