



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

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Jan 08 - Feb 25

WINTER SESSION 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5 - 7:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 8:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 8AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 8:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5 - 7:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>7 - 8:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>9AM - 12PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>
<b>7:45 - 9AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 lanes, 8-8:55AM)</li> </ul>	<b>8:45 - 10AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Water Fitness (3 lanes, 9AM-9:45)</li> </ul>	<b>7:45 - 9AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 lanes, 8-8:55AM)</li> </ul>	<b>8:45 - 10AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Water Fitness (3 lanes, 9-9:45AM)</li> </ul>	<b>7:45 - 9AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 lanes, 8-8:55PM)</li> </ul>	<b>8:45AM - 12PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes, 8:45-10AM)</li> <li>Swim Lessons (3 lanes, 9-10AM)</li> </ul>	<b>12 - 3:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>
<b>9AM - 3:15PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>10AM - 12:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>9AM - 1:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>10AM - 12:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>9AM - 3:15PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (7 lanes, 9:30-10AM)</li> <li>Private Swim Lesson: 1 lane, 9:30-10AM</li> <li>Member Lap Swim (8 lanes, 10AM-3:15PM)</li> </ul>		<b>3:30 - 4:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>
	<b>12:45 - 2PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes, 12:45-2PM)</li> <li>Water Fitness (3 lanes, 1PM-1:45PM)</li> </ul>	<b>1:45 - 3:15PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Swim Team Rental (4 lanes)</li> </ul>	<b>12:45 - 2PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Water Fitness (3 lanes, 1-1:45PM)</li> </ul>	<b>3:15 - 6PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Swim Team Rental (4 lanes)</li> </ul>		
<b>3:15 - 4:15PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes, 3:30-4PM)</li> <li>Private Swim Lesson (2 lane, 3:30-4PM)</li> <li>Swim Team Rental (4 lanes, 3:15-4:15PM)</li> </ul>	<b>2 - 3:15PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>3:15 - 4:15PM</b> <ul style="list-style-type: none"> <li>Swim Team Rental (4 lanes, 3:15-4:15PM)</li> <li>Member Lap Swim (4 lanes, 3:15-4:15PM)</li> </ul>	<b>2 - 3:15PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>6 - 6:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Swim Team (3 lanes)</li> </ul>	<b>12 - 6:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>	<b>4:30 - 5:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>
<b>4:15 - 6PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes, 4-4:45PM)</li> <li>Swim Team Rental (4 lanes 4:15-5:45PM)</li> <li>Member Lap Swim (2 lanes, 4:45-5:30PM)</li> <li>Swim Lessons (2 Lanes, 4:45-5:30PM)</li> <li>Private Swim Lesson (1 lane, 5:30-6PM)</li> <li>Member Lap Swim (3 lanes, 5:30-6PM)</li> </ul>	<b>3:15 - 4:45PM</b> <ul style="list-style-type: none"> <li>Swim Lessons (2 lane, 3:15-4:45PM)</li> <li>Member Lap Swim (2 lanes, 3:15 -4:45PM)</li> <li>Swim Team Rental (4 lanes, 3:15-4:45PM)</li> </ul>	<b>4:15 - 6PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes, 4:15-4:45PM)</li> <li>Member Lap Swim (5 lanes, 4:45-6PM)</li> <li>Swim Lessons (3 lanes, 4:45-6PM)</li> </ul>	<b>3:15 - 4:15PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes, 3:15-3:30PM)</li> <li>Private Swim Lessons (2 lanes, 3:30-4PM)</li> <li>Member Lap Swim (2 lanes, 3:30-4:15PM)</li> <li>Swim Team Rental (4 lanes 3:15-4:15PM)</li> </ul>	<b>6:30 - 8:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes, 6:30-8PM)</li> <li>Swim Team (6 lanes 6:30-8PM)</li> <li>Member Lap Swim (8 lanes, 8-8:30PM)</li> </ul>		
	<b>4:45PM - 5:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes, 4:45-5:45PM)</li> <li>Swim Team Rental (4 lanes, 4:45-5:45PM)</li> </ul>	<b>6 - 7PM</b> <ul style="list-style-type: none"> <li>Hyro Running (3 lanes, 6-7PM)</li> <li>Member Lap Swim (2 lanes, 6-6:30PM)</li> <li>Swim Lessons (3 lanes, 6-6:30PM)</li> <li>Member Lap Swim (5 lanes, 6:30-7PM)</li> </ul>	<b>4:15 - 4:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes, 4:15-4:45PM)</li> <li>Swim Lessons (2 lanes, 4-4:45PM)</li> <li>Swim Team Rental (4 lanes, 4:15-4:45PM)</li> </ul>	<b>POOL CLOSING AT 8:30 PM</b>	<b>POOL CLOSING AT 6:30 PM</b>	<b>POOL CLOSING AT 5:30 PM</b>
<b>6 - 8PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes)</li> <li>Swim Team (6 lanes)</li> </ul>	<b>5:45 - 7PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes 5:45-7PM)</li> <li>Boot Camp (3 lanes, 6-7PM)</li> </ul>	<b>7 - 8PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>4:45 - 5:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes 4:45-5:30PM)</li> <li>Swim Team Rental (4 lanes, 4:45-5:30PM)</li> </ul>	<b>IMPORTANT INFORMATION</b>		
<b>8 - 9:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>7 - 9:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>8 - 9:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>5:30 - 6:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes, 5:30-6PM)</li> <li>Water Fitness (3 lanes, 5:30-6PM)</li> <li>Swim Team Rental (3 lanes, 6-6:30PM)</li> <li>Member Lap Swim (2 lanes, 6-6:30PM)</li> </ul>	<ul style="list-style-type: none"> <li>Member Lap Swim</li> </ul> <p><u>Lap Swim</u> - 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.</p> <p><u>Lap Pool Rules for Children Under 12 During Family Swim</u> 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.</p> <p>NO breath holding games or drills are permitted. NO head-first diving permitted, only feet-first forward facing pool entry.</p> <p>Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are not allowed.</p>		
<b>POOL CLOSING AT 9:30 PM</b>						



# Hale YMCA Youth & Family Center AQUATICS SCHEDULE - WARM WATER POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Jan 08 - Feb 25

WINTER SESSION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 - 12PM 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 - 10AM Private Swim Lesson: 8:30AM-9AM Family Swim	9:30 - 10AM Private Swim Lesson: 8:30AM-9AM Family Swim
12PM - 12:45 PM Gentle Joints (12-12:45) 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	10 - 11:05AM Swim Lessons (Deep Area) Family Swim in shallow only	10AM - 1PM Family Swim
				12:45 - 3:30PM Family Swim	11:05AM - 1PM Family Swim	
12:45 - 5:45PM Family Swim	11AM - 3:30PM Family Swim	12:45 - 5:45PM Family Swim	11AM - 5PM Family Swim		1 - 2PM Shared Pool Family Swim/Birthday Party	1 - 2PM Shared Pool Family Swim/Birthday Party
				3:30 - 8PM Family Swim	2 - 6:30 PM Family Swim	2 - 5:30 PM Family Swim
				POOL CLOSING AT 8:30PM	POOL CLOSING AT 6:30PM	POOL CLOSING AT 5:30PM
5:45PM - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only	3:30 - 5:30PM Family Swim	5:45PM - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only	5 - 5:30PM Swim Lessons (Deep Area) Family Swim in shallow only			
6:15 - 9PM Family Swim	5:30 - 9PM Family Swim	6:15 - 9PM Family Swim	5:30 - 9PM Family Swim			
POOL CLOSING AT 9PM						

### IMPORTANT INFORMATION

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.

NO breath holding games or drills are permitted.

NO head-first diving permitted, only feet-first forward facing pool entry.

NO mermaid type fins or tails permitted.

Only Coast Guard Approved PFD's are allowed. Other flotation aids, including "mermaid fins", are