



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

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Summer Session 1: 18 June - 22 July + Summer Session 2: 23 July - 26 Aug

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
<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 - 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 - 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 - 10AM</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 (4 lanes, 8:45 - 10AM)</li> <li>Water Fitness (4 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, 8-8:55AM)</li> </ul>	<b>8:45 - 10AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (4 lanes)</li> <li>Water Fitness (4 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, 8:45-12PM)</li> <li>Swim Lessons (3 lanes, 9AM-12PM)</li> </ul>	
<b>9 - 10AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>10 - 10:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lanes)</li> <li>Camp Culter (2 Lanes)</li> </ul>	<b>9 - 10AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>10 - 10:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lanes)</li> <li>Camp Culter (2 Lanes)</li> </ul>	<b>9 - 10:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes, 9 - 10AM)</li> <li>Member Lap Swim (6 lanes, 10-10:45AM)</li> <li>Camp Culter (2 Lanes, 10-10:45AM)</li> </ul>	<b>12 - 2PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>	<b>10AM - 12PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>
<b>10 - 10:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lanes)</li> <li>Camp Culter (2 Lanes)</li> </ul>	<b>10:45AM - 1PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>10 - 10:45AM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lanes)</li> <li>Camp Culter (2 Lanes)</li> </ul>	<b>10:45AM - 1:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>10:45AM - 4PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>		
<b>10:45AM - 4PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>1 - 1:45PM</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>10:45AM - 4PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>1 - 1:45PM</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>4 - 4:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lanes)</li> <li>Swim Lessons (2 lanes, 4 - 4:45PM)</li> </ul>	<b>2 - 2:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>	
<b>4 - 5PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lane 4-5PM)</li> <li>Swim Lesson (2 lane, 4- 4:45PM)</li> </ul>	<b>1:45 - 4PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>4 - 4:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (7 lanes, 4-4:45PM)</li> <li>Swim Lessons (1 lanes, 4 - 4:45PM)</li> </ul>	<b>2 - 4PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>4:45 - 5:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lanes, 4:45-5PM)</li> <li>Swim Lessons (2 lanes, 5:15-6PM)</li> <li>Member Lap Swim (3 lanes, 5 - 5:45PM)</li> <li>Swim Team (3 lanes, 5-6PM)</li> </ul>	<b>2:45 - 3:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>	<b>12PM - 3:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes)</li> <li>Family Swim (3 lanes)</li> </ul>
	<b>4 - 5PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lanes, 4-5PM)</li> <li>Swim Lessons (2 lanes, 4-5PM)</li> </ul>	<b>4:45 - 5:30PM</b> <ul style="list-style-type: none"> <li>Swim Lessons (2 lanes, 4:45-5:30PM)</li> <li>Member Lap Swim (7 lanes, 4:45-5:30PM)</li> </ul>	<b>4 - 4:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lane, 4-4:45PM)</li> <li>Swim Lessons (2 lanes, 4-4:45PM)</li> </ul>	<b>6 - 7:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes, 6-7:30PM)</li> <li>Swim Team (6 lanes, 6 -7:30PM)</li> </ul>		
	<b>5 - 6PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lanes, 5 - 5:30PM)</li> <li>Swim Team (3 lanes, 5-5:45PM)</li> <li>Liquid Z (3 lanes, 5:30-6PM)</li> <li>Member Lap Swim (2 lanes, 5:30 -6PM)</li> </ul>	<b>5:30 - 6:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (6 lane, 5:30 - 6PM)</li> <li>Swim Lessons (2 lanes, 5:30 - 6PM)</li> <li>Hyro Running (3 lanes, 6- 6:30PM)</li> <li>Member Lap Swim (3 lane, 6 - 6:30PM)</li> <li>Swim Lessons (2 lanes, 6 - 6:30PM)</li> </ul>	<b>4:45 - 5:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes 4:45-5PM)</li> <li>Member Lap Swim (5 lanes 5-5:30PM)</li> <li>Swim Team (3 lanes, 5-5:30PM)</li> </ul>	<b>POOL CLOSSES AT 7:30PM</b>		
<b>5 - 6PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (3 lanes, 5-5:45PM)</li> <li>Swim Team (3 lanes, 5-5:45PM)</li> <li>Swim Lesson (2 lanes, 5 - 5:45PM)</li> </ul>	<b>6 - 7:45PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (5 lane, 6-6:15PM)</li> <li>Liquid Z (3 lanes, 6-6:15PM)</li> <li>Swim Team (6 lanes, 6:15 - 7:45PM)</li> <li>Teen Swim Lessons (1 lane, 6:15-7PM)</li> <li>Member Lap Swim (1 lane, 6:15-7PM)</li> <li>Member Lap Swim (2 lanes, 7-7:45PM)</li> </ul>	<b>6:30 - 7PM</b> <ul style="list-style-type: none"> <li>Hyro Running (3 lanes, 6:30-7PM)</li> <li>Member Lap Swim (5 lanes, 6:30-7PM)</li> </ul>	<b>5:30 - 6:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes, 5:30-6PM)</li> <li>Swim Team (3 lanes, 5:30-6PM)</li> <li>Water Fitness (3 lanes, 5:30-6:30PM)</li> <li>Swim Team (5 lanes, 6-6:30PM)</li> <li>Member Lap Swim (0 lanes, 6-6:30PM)</li> </ul>			
<b>5:45 - 7:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (2 lanes, 5:45-7:30PM)</li> <li>Swim Team (6 lanes, 6PM - 7:30PM)</li> </ul>			<b>6:30 - 8:30PM</b> <ul style="list-style-type: none"> <li>Swim Team (6 lanes, 6:30-7:30PM)</li> <li>Member Lap Swim (2 lanes, 6:30-7:30PM)</li> <li>Member Lap Swim (8 lanes, 7:30-8:30PM)</li> </ul>			
<b>7:30 - 8:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>7:45- 8:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<b>7 - 8:30PM</b> <ul style="list-style-type: none"> <li>Member Lap Swim (8 lanes)</li> </ul>	<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>	<b>POOL CLOSSES 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

Summer Session 1: 18 JUNE - 22 JULY + Summer Session 2: 23 JULY - 26 AUG

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 - 11PM Swim Lessons (Deep Area) Family Swim in shallow only
8:30 - 9:25AM Family Swim	8:30 - 9:25AM Family Swim	8:30 - 9:25AM Family Swim	8:30 - 9:25AM Family Swim	8:30 - 9:25AM Family Swim	8:30 - 9:30AM Family Swim	
9:25 - 10:50AM Kiddie Camp Swim Lessons (Deep Area) Camp Culter Swim Lessons Family Swim in shallow only	9:25 - 11AM Kiddie Camp Swim Lessons (Deep Area) Camp Culter Swim Lessons Family Swim in shallow only	9:25 - 10:50AM Swim Lessons (Deep Area) Kiddie Camp Camp Culter Swim Lessons Family Swim in shallow only	9:25 - 11AM Kiddie Camp Swim Lessons (Deep Area) Camp Culter Swim Lessons Swim Lessons (Deep Area) Family Swim in shallow only	9:25 - 10:50AM Kiddie Camp Camp Culter Swim Lessons Family Swim in shallow only	9:30- 11:30AM Swim Lessons (Deep Area) Family Swim in shallow only	11AM - 1PM Family Swim
10:50AM - 12PM Family Swim		10:50AM - 12PM Family Swim		10:50AM - 12PM Family Swim	11:30AM - 1PM Family Swim	
12 - 12:45 PM Gentle Joints Family Swim in shallow only	11AM - 2PM Family Swim	12 - 12:45PM Gentle Joints Family Swim in shallow only	11AM - 2PM Family Swim	12 - 12:45 PM Gentle Joints Family Swim in shallow only	1 - 2PM Shared Pool Family Swim/Birthday Party	1 - 2PM Shared Pool Family Swim/Birthday Party
12:45 - 2PM Family Swim	2 - 2:45PM Shared Pool Camp Culter	12:45 - 2PM Family Swim	2 - 2:45PM Shared Pool Camp Culter	1 - 2:45PM Shared Pool TEEG: (7/2-8/10) 1-2:30PM Camp Cutler 2-2:45PM		
2 - 2:45PM Shared Pool Camp Culter	2:45 - 4PM Family Swim	2 - 2:45PM Shared Pool Camp Culter	2:45 - 4PM Family Swim	2:45 - 5:30PM Family Swim		
2:45 - 3:45PM Family Swim	4 - 4:30PM Swim Lessons (Deep Area) Family Swim in shallow only	2:45 - 3:30PM Family Swim	4:45 - 5:30PM Swim Lessons (Deep Area) Family Swim in shallow only	5:30 - 6:30PM 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>
3:45- 4:30PM Swim Lessons (Deep Area) Family Swim in shallow only		3:30 - 4PM Swim Lessons (Deep Area) Family Swim in shallow only		<div style="background-color: #008080; color: white; padding: 10px;"> <p align="center"><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",</p> </div>		
4:30 - 5:45PM Family Swim		4 - 4:45PM Family Swim				
5:45 - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only		4:45 - 6:15PM Swim Lessons (Deep Area) Family Swim in shallow only				
6:15 - 8:30PM Family Swim	4:30- 8:30PM Family Swim	6:15 - 8:30PM Family Swim	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>			