



Hale YMCA Youth & Family Center AQUATICS SCHEDULE - LAP POOL

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Fall Session 1: Monday 9/10/2018 - Sunday 10/28/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL OPENS AT 5AM 5AM - 7:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5AM - 8:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5AM - 7:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5AM - 8:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 5AM 5AM - 7:45AM • Member Lap Swim (8 lanes)	POOL OPENS AT 7AM 7AM - 10:15AM • Member Lap Swim (8 lanes)	POOL OPENS AT 9AM 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 - 3:45PM • Member Lap Swim (8 lanes)	10:00AM - 12:45PM • Member Lap Swim (8 lanes)	9AM - 4:00PM • Member Lap Swim (8 lanes)	10AM - 12:45PM • Member Lap Swim (8 lanes)	9AM - 4:45PM • Member Lap Swim (8 lanes, 9AM - 4:45PM)	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)
	12:45PM - 2:00PM • Member Lap Swim (5 lanes) Aqua Fitness (3 lanes, 1PM-1:45PM)		12:45PM - 2:00PM • Member Lap Swim (5 lanes) Aqua Fitness (3 lanes, 1PM -1:45PM)			
	2:00PM - 3:45PM • Member Lap Swim (8 lanes)	4PM - 4:45PM • Member Lap Swim (7 lanes, 4PM - 4:45PM) Swim Lessons (1 lanes, 4PM - 4:45PM)	2PM - 5PM • Member Lap Swim (8 lanes)			
3:45PM - 5:30PM • Member Lap Swim (6 lanes 4-5:15PM) Swim Lesson (2 lanes 4-5:30PM)	3:45PM - 5:30PM • Member Lap Swim (6 lanes, 4PM - 5:15PM) Swim Lessons (2 lanes, 4PM - 5:30PM)	4:45PM - 5:30PM • Member Lap Swim (8 lanes 4:45-5:30PM)	5PM - 6:15PM • Member Lap Swim (0 lanes 5PM-6:15PM) Swim Lessons (2 lanes, 5:15PM - 6:15PM) Swim Team (3 lanes, 5:30PM - 6:15PM) Aqua Fitness (3 lanes, 5:30PM - 6:30PM)	4:45PM - 6:15PM • Member Lap Swim (3 lanes 5-6:15PM) Swim Lessons (2 lanes, 5PM-5:45PM) Swim Team (3 lanes, 5:30PM-6:15PM)		
5:30PM - 6:15PM • Member Lap Swim (5 lanes, 5:30-6:00PM) Swim Team (3 lanes, 5:30-6:15PM)	5:30PM - 6:30PM • Member Lap Swim (0 lanes, 5:30-5:45PM) • Member Lap Swim (2 lanes, 5:45-6:30PM) Swim Team (3 lanes, 5:30PM - 6:30PM) Aqua Fitness (3 lanes, 5:30PM - 6:30PM)	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)	6:15PM - 7:30PM • Member Lap Swim (2 lanes, 6:30PM-7:30PM) Swim Team (6 lanes, 6:15PM-7:30PM)	6:15 - 7:30PM • Member Lap Swim (2 lanes, 6:15PM-7:30PM) 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)
				POOL CLOSSES AT 7:30PM	POOL CLOSSES AT 3:30PM	POOL CLOSSES AT 3:30PM
6:15PM - 7:30PM • Member Lap Swim (2 lanes, 6:15PM - 7:30PM) Swim Team (6 lanes, 6PM - 7:30PM)	6:30PM - 7:45PM • Member Lap Swim (2 lanes 6:30 - 7:45PM) Swim Team (6 lanes, 6:30PM - 7:45PM)				<p>IMPORTANT INFORMATION</p> <ul style="list-style-type: none"> • Member Lap Swim <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>	
7:30PM - 8:30PM • Member Lap Swim (8 lanes)	7:45PM - 8:30PM • Member Lap Swim (8 lanes)	6:30PM - 8:30PM • Member Lap Swim (8 lanes, 6:30-8:30PM)	7:30PM - 8:30PM • Member Lap Swim (8 lanes, 7:30PM-8:30PM)			
POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM			



Hale YMCA Youth & Family Center

AQUATICS SCHEDULE - WARM WATER POOL

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FOR SOCIAL RESPONSIBILITY**

Fall Session 1: Monday 9/10/2018 - Sunday 10/28/2018

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 - 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
				POOL CLOSSES AT 7:30PM	POOL CLOSSES AT 3:30PM	POOL CLOSSES AT 3:30PM
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 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>		
6:15 - 8:30PM Family Swim	4:30 - 8:30PM Family Swim	5:30 - 8:30PM Family Swim	5:30 - 8:30PM Family Swim			
POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM	POOL CLOSSES AT 8:30PM			