



# AQUATICS SCHEDULE - LAP POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

www.farmingtonvalleyYMCA.org

860 653 5524

Fall 1

September 1 to October 31

posted 9.10.20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
LANE 1	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	7.00am-8.00am Lap Swim 8:00am-1:00pm Swim Team 1.00pm-3.30pm Lap Swim	7.00am-3.30pm Lap Swim
LANE 2	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	7.00am-8.00am Lap Swim 8:00am-1:00pm Swim Team 1.00pm-3.30pm Lap Swim	7.00am-3.30pm Lap Swim
LANE 3	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	7.00am-8.00am Lap Swim 8:00am-1:00pm Swim Team 1.00pm-3.30pm Lap Swim	7.00am-3.30pm Lap Swim
LANE 4	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	7.00am-8.00am Lap Swim 8:00am-1:00pm Swim Team 1.00pm-3.30pm Lap Swim	7.00am-3.30pm Lap Swim
LANE 5	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	7.00am-8.00am Lap Swim 8:00am-1:00pm Swim Team 1.00pm-3.30pm Lap Swim	7.00am-3.30pm Lap Swim
LANE 6	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-7.50am Lap Swim 8.00am-9.00am Water Ex. Jen 10.00am-11.00am Water Ex. Rita 11.00am-12.00pm Water Ex. Rita 12.00pm-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-4:40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-7.30am Lap Swim 7.40am-8.40am Water Ex. Jen 8.40am-9.50am Lap Swim 10.00am-11.00am Water Ex. Rita 11.00am-12.00pm Water Ex. Rita 12.00pm-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-7.30am Lap Swim 7.40am-8.40am Water Ex. Jen 8.40am-9.50am Lap Swim 10.00am-11.00am Water Ex. Rita 11.00am-12.00pm Water Ex. Rita 12.00pm-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	5.00am-7.50am Lap Swim 8.00am-9.00am Water Ex. Jen 9.00am-4.40pm Lap Swim 4.45pm-8.15pm Swim Team	7.00am-8.00am Lap Swim 8:00am-1:00pm Swim Team 1.00pm-3.30pm Lap Swim	7.00am-3.30pm Lap Swim
LANE 7	5.00am-6:30pm Lap Swim	5.00am-7.50am Lap Swim 8.00am-9.00am Water Ex. Jen 10.00am-11.00am Water Ex. Rita 11.00am-12.00pm Water Ex. Rita 12.00pm-6.30pm Lap Swim	5.00am-6:30pm Lap Swim	5.00am-7.30am Lap Swim 7.40am-8.40am Water Ex. Jen 8.40am-9.50am Lap Swim 10.00am-11.00am Water Ex. Rita 11.00am-12.00pm Water Ex. Rita 12.00pm-6.30pm Lap Swim	5.00am-7.50am Lap Swim 8.00am-9.00am Water Ex. Jen 9.00am-6.30pm Lap Swim	7.00am-3.30pm Lap Swim	7.00am-3.30pm Lap Swim	
LANE 8	5.00am-6:30pm Lap Swim	5.00am-7.50am Lap Swim 8.00am-9.00am Water Ex. Jen 10.00am-11.00am Water Ex. Rita 11.00am-12.00pm Water Ex. Rita 12.00pm-6.30pm Lap Swim	5.00am-6:30pm Lap Swim	5.00am-7.30am Lap Swim 7.40am-8.40am Water Ex. Jen 8.40am-9.50am Lap Swim 10.00am-11.00am Water Ex. Rita 11.00am-12.00pm Water Ex. Rita 12.00pm-6.30pm Lap Swim	5.00am-7.50am Lap Swim 8.00am-9.00am Water Ex. Jen 9.00am-6.30pm Lap Swim	7.00am-3.30pm Lap Swim	7.00am-3.30pm Lap Swim	

### IMPORTANT INFORMATION

During Lap Swim, **2 People per lane**, if others are waiting please cut swim time to **30 minutes** so others may swim.

Instructors may request that Lap Swimmers to exit a lane to accommodate private swimming lessons or Green Wrist Band Tests. We appreciate your cooperation.

There may be times where only one lap lane is available to lap swimmers, we appreciate your patience and cooperation during these times.

During Peak Times of 4pm-6pm Monday- Friday - Lane 7&8 will only be available to members 18 years of age and older. **IMPORTANT DATES**



# FARMINGTON VALLEY YMCA AQUATICS SCHEDULE - DIVE POOL

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

[www.farmingtonvalleyYMCA.org](http://www.farmingtonvalleyYMCA.org)

860 653 5524

Fall 1

September 1 to October 31

posted 8.26.20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 FEET	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-12.00pm Therapeutic Swim 12.00pm-3.30pm Family Swim *POOL SPACE LIMITED FOR FAMILY SWIM*	7.00am-12.00pm Therapeutic Swim 12.00pm-3.30pm Family Swim *POOL SPACE LIMITED FOR FAMILY SWIM*
5 FEET	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-12.00pm Therapeutic Swim 12.00pm-3.30pm Family Swim *POOL SPACE LIMITED FOR FAMILY SWIM*	7.00am-12.00pm Therapeutic Swim 12.00pm-3.30pm Family Swim *POOL SPACE LIMITED FOR FAMILY SWIM*
12 FEET	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-6.30pm Therapeutic Swim	7.00am-12.00pm Therapeutic Swim 12.00pm-3.30pm Family Swim *POOL SPACE LIMITED FOR FAMILY SWIM*	7.00am-12.00pm Therapeutic Swim 12.00pm-3.30pm Family Swim *POOL SPACE LIMITED FOR FAMILY SWIM*

### IMPORTANT INFORMATION - A SAFE POOL IS A FUN POOL!

All children under 12 must have an adult (18+) with them at all times. (On the pool deck.)  
All swimmers age 16 & younger must be swim tested.  
All swimmers age 16 & younger must have a green band to swim in the Lap Pool, 5ft and 12ft areas of the pool.  
All non-swimmers must wear an approved PFD. (Coast Guard Approved)  
All non-swimmers must be within arm's reach of an adult while in the water.  
No food or glass containers are allowed on the pool deck, only water is allowed.  
Strollers with children must be adjacent to the bleachers and never left unattended.  
Headfirst diving permitted in the 12ft section only.

### Have you had your SWIM TEST?

Remember to wear your wrist band! A lifeguard will ask you to exit the pool without it.  
Need another one? No problem - bands can be acquired at the front desk.

### IMPORTANT FACILITY INFORMATION

All pool areas close 30 minutes prior to the facility.  
Please make sure you have proper swim attire before entering the water, bathing suits are required.  
The minimum age to use the whirlpool, steam room and sauna is 18 years.  
Pools close for 30 minutes after each evidence of thunder or lightning.  
Visit our website for up to the hour ALERTS or CLOSURES:  
We must maintain a ratio of 1 lifeguard to 25 people in the pool. If we exceed that ratio we will close the pool to incoming members.  
[www.farmingtonvalleyYMCA.org](http://www.farmingtonvalleyYMCA.org)

### IMPORTANT CLOSURE DATES

**POOL SPACE LIMITED FOR FAMILY SWIM SAT & SUN**