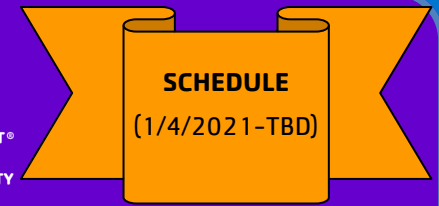


Multi-Purpose Pool Schedule the

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



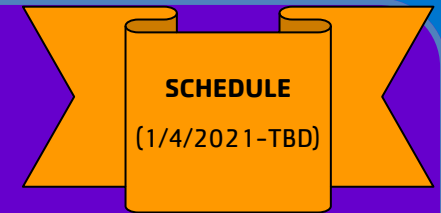
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	KEY
<p>*WATER WALKING / INDV EXERCISE 5:00am-6:00am (1 person per section) (30 minute sessions)</p> <p>**SHALLOW WATER AQUA FITNESS 11 SLOTS 6:00am-6:45am</p> <p>POOL CLOSED 7-10AM</p> <p>*WATER WALKING / INDV EXERCISE 10:00am-12:00pm (1 person per section) (30 minute sessions)</p> <p>POOL CLOSED 12-4PM</p> <p>**GROUP LESSONS 4:30pm-6:30pm POOL CLOSED FOR LESSONS</p> <p>BUILDING CLOSES AT 7PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p>	<p>POOL CLOSED 5-8AM</p> <p>*WATER WALKING / INDV EXERCISE 8:00am-10:30am (1 person per section) (30 minute sessions)</p> <p>**AQUA ARTHRITIS 11 SLOTS 10:30am-11:15am</p> <p>*WATER WALKING / INDV EXERCISE 11:15am-12:00pm (1 person per section) (30 minute sessions)</p> <p>POOL CLOSED 12-4PM</p> <p>**GROUP LESSONS 4:30pm-6:30pm POOL CLOSED FOR LESSONS</p> <p>BUILDING CLOSES AT 7PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p>	<p>*WATER WALKING / INDV EXERCISE 5:00am-6:00am (1 person per section) (30 minute sessions)</p> <p>**SHALLOW WATER AQUA FITNESS 11 SLOTS 6:00am-6:45am</p> <p>POOL CLOSED 7-9AM</p> <p>*WATER WALKING / INDV EXERCISE 9:00am-11:00am (1 person per section) (30 minute sessions)</p> <p>POOL CLOSED 11-4PM</p> <p>**GROUP LESSONS 4:30pm-6:30pm POOL CLOSED FOR LESSONS</p> <p>BUILDING CLOSES AT 7PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p>	<p>POOL CLOSED 5-8AM</p> <p>*WATER WALKING / INDV EXERCISE 8:00am-10:30am (1 person per section) (30 minute sessions)</p> <p>**AQUA ARTHRITIS 11 SLOTS 10:30am-11:15am</p> <p>*WATER WALKING / INDV EXERCISE 11:15am-12:00pm (1 person per section) (30 minute sessions)</p> <p>POOL CLOSED 12-4PM</p> <p>**GROUP LESSONS 4:30pm-6:30pm POOL CLOSED FOR LESSONS</p> <p>BUILDING CLOSES AT 7PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p>	<p>*WATER WALKING / INDV EXERCISE 5:00am-7:00am (1 person per section) (30 minute sessions)</p> <p>POOL CLOSED 7-9AM</p> <p>*WATER WALKING / INDV EXERCISE 9:00am-11:00am (1 person per section) (30 minute sessions)</p> <p>POOL CLOSED 11-4PM</p> <p>*Family Swim 4:00pm-6:45pm (limited space) (30 minute sessions)</p> <p>BUILDING CLOSES AT 7PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p>	<p>**SHALLOW WATER AQUA FITNESS 9 SLOTS 7:15am-8:00am</p> <p>**GROUP LESSONS 9:00am-12:15pm POOL CLOSED FOR LESSONS</p> <p>BUILDING CLOSES AT 1 PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p> <p>*WATER WALKING / INDV EXERCISE 9:00am-10:00am (1 person per section) (30 minute sessions)</p> <p>**GROUP LESSONS 10:00am-12:15pm POOL CLOSED FOR LESSONS</p> <p>BUILDING CLOSES AT 1 PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p>	<p>*WATER WALKING / INDV EXERCISE 7:00am-8:00am (1 person per section) (30 minute sessions)</p> <p>**GROUP LESSONS 8:00am-9:00am POOL CLOSED FOR LESSONS</p> <p>*WATER WALKING / INDV EXERCISE 9:00am-10:00am (1 person per section) (30 minute sessions)</p> <p>**GROUP LESSONS 10:00am-12:15pm POOL CLOSED FOR LESSONS</p> <p>BUILDING CLOSES AT 1 PM POOLS CLOSE 15 MINUTES BEFORE BUILDING</p>	<p>KEY</p> <p>*Zero depth area open at this time (Red Zone).</p> <p>**Zero depth area closed at this time (Red Zone).</p> <p>*Pool schedule subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.</p> <p>*Parents with children 7 and younger MUST BE IN THE POOL WITHIN ARMS REACH OF THEM AT ALL TIMES.</p> <p>*Must shower prior to entering pools.</p>

- **Masks must be worn on deck at all times. Masks may be removed when swimmers are entering the water.**
 - **Family Swim sessions are limited to 5 blocks within our Multi-Purpose Pool. One household per block.**
 - **Water Walking / Individual Exercise limited 11 blocks within our Multi-Purpose Pool.**
 - **Swimmers may bring their own equipment to the pool.**
 - **Due to State guidelines, during Swim Lessons the Multi-Purpose Pool will be closed for those activities.**
 - **When pool has reached maximum capacity, a 30 minute session rule will be enforced.**
- If you have questions about our Multi-Purpose Pool Schedule please contact Charles Halapin at charles.halapin@ghymca.org.**

Lap Pool Schedule



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

5:00am-6:45pm
4 lanes open
(1 persons per lane)
(30 minute sessions)

TUESDAY

5:00am-6:45pm
4 lanes open
(1 persons per lane)
(30 minute sessions)

WEDNESDAY

5:00am-6:45pm
4 lanes open
(1 persons per lane)
(30 minute sessions)

THURSDAY

5:00am-6:45pm
4 lanes open
(1 persons per lane)
(30 minute sessions)

FRIDAY

5:00am-6:45pm
4 lanes open
(1 persons per lane)
(30 minute sessions)

SATURDAY

7:00am-12:45pm
4 lanes open
(1 persons per lane)
(30 minute sessions)

SUNDAY

7:00am-12:45pm
4 lanes open
(1 persons per lane)
(30 minute sessions)

KEY

*Pool schedule is subject to change at any time based on the needs of scheduled program activities, YMCA events, and inclement weather.

*Parents with children 7 and younger MUST BE IN THE POOL WITHIN ARMS REACH OF THEM AT ALL TIMES.

*Must shower prior to entering pools.

*Lap swim use only.

- **Masks must be worn on deck at all times. Masks may be removed when swimmers are entering the water.**
- **Reservations are required, please see the front desk for more information.**
- **Lap swim is restricted to 1 swimmers per lane. Each swimmer will enter at opposite ends.**
- **Swimmers will be asked to adhere to 30 minute time limits if the pool reaches capacity.**
- **Swimmers must provide their own equipment.**

If you have questions about our Lap Pool Schedule, please contact Charles Halapin at charles.halapin@ghymca.org.