



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Pool Schedule

| <i>Please enter through the front door or locker rooms, wearing proper swim attire</i>              | Check out the group water fitness schedule for current class times. |                 |                      |
|---|---|-----------------|----------------------|
|   | Open Swim Times   | Lessons         | Swim Team            |
| <b>Monday</b>   | 2:00 PM - 7:15 PM   |                 | 7:15-8:45 PM         |
| <b>Tuesday</b>  | 12:00 PM - 7:15 PM  |                 | 7:15-8:45 PM         |
| <b>Wednesday</b>  | 2:00 PM - 5:00 PM   | 5:00 - 8:45 PM  |                      |
| <b>Thursday</b>   | 1:00 PM - 7:15 PM   |                 | 7:15-8:45 PM         |
| <b>Friday</b>   | 2:00 PM - 7:15 PM   |                 | 7:15-8:45 PM         |
| <b>Saturday</b>   | 12:00-4:45  | 9:00 - 11:30 AM |                      |
| <b>Sunday</b>   | 8:15-4:45   |                 |                      |
| <i>All pool times are tentative and may be closed due to repairs, personal training, swim meets</i> | <b>LAP SWIM LANES</b>   |                 |                      |
|   | Time  |                 | # OF LANES AVAILABLE |
| <b>Monday</b>   | 5:30 AM - 8:00 AM   |                 | 6                    |
|   | *Picktime 8:00 AM - 12:00 PM  |                 | 1                    |
|   | 12:00 PM - 1:00 PM  |                 | 0                    |
|   | 1:00 PM - 7:15 PM   |                 | 4                    |
|   | 7:15 PM - 8:45 PM   |                 | 2                    |
| <b>Tuesday</b>  | 5:30 AM - 8:00 AM   |                 | 6                    |
|   | *Picktime 8:00 AM - 12:00 PM  |                 | 1                    |
|   | 12:00 PM - 7:15 PM  |                 | 4                    |
|   | 7:15 PM - 8:45 PM   |                 | 2                    |
| <b>Wednesday</b>  | 5:30 AM - 8:00 AM   |                 | 6                    |
|   | *Picktime 8:00 AM - 12:00 PM  |                 | 1                    |
|   | 12:00 PM - 1:00 PM  |                 | 0                    |
|   | 1:00 PM - 7:15 PM   |                 | 4                    |
|   | 7:15 PM - 8:45 PM   |                 | 2                    |
| <b>Thursday</b>   | 5:30 AM - 8:00 AM   |                 | 6                    |
|   | *Picktime 8:00 AM - 1:00 PM   |                 | 1                    |
|   | 1:00 PM - 7:15 PM   |                 | 4                    |
|   | 7:15 PM - 8:45 PM   |                 | 2                    |
| <b>Friday</b>   | 5:30 AM - 9:00 AM   |                 | 6                    |
|   | *Picktime 9:00 AM - 12:00 PM  |                 | 1                    |
|   | 12:00 PM - 1:00 PM  |                 | 0                    |
|   | 1:00 PM - 7:15 PM   |                 | 4                    |
|   | 7:15 PM - 8:45 PM   |                 | 2                    |
| <b>Saturday</b>   | 7:15 AM-12:00 PM  | 12:00-4:45 PM   | 2   4                |
|   | <b>Sunday</b> 8:15 AM-4:45 PM                                       |                 | 4                    |

## **\*Sign up for a lap swim and open swim at:**

[Lebanonymca.org/Aquatics/Lap Lane and Family Swim Sign up/Lap Swim OR Family Swim/Zach Mc Elhanev/Pick Date & Time](http://Lebanonymca.org/Aquatics/Lap Lane and Family Swim Sign up/Lap Swim OR Family Swim/Zach Mc Elhanev/Pick Date & Time)

Picktime Weekdays 8:00 am - 12:00 pm

### **Swim Attire**

---

- Wear appropriate swim attire (polyester, lycra; No Cotton)and shower before entering the pool. This will help to keep our pool clean. Everyday non-swim clothes will not be permitted.
- Approved religious wear is permitted
- Infants must wear swim diapers
- Hair longer than shoulder length must be tied up

### **Supervision Policies**

---

- Non-swimmers and those under the age of 6 must be accompanied by an adult in the pool. Children ages 6-9 must be accompanied by an adult in the pool area
- Non-swimmers must remain in the shallow end of the pool and need a flotation device; height and age do not matter

### **Flotation devices for the non-swimmer**

---

- Any flotation device used to support a non-swimmer will need to have a US Coast Guard Approved stamp unless the backpack is provided by the YMCA
- No toys or inflatable flotation devices that can be deflated are allowed in the pool

### **General rules while in the pool or on deck**

---

- No running on pool deck or to jump in the water
- No diving in water less than 8.5 feet deep
- No spinning, flipping or reverse dives; no diving from the dive blocks; unless director by a swim coach or instructor
- No hanging or sitting on floating lane lines
- No profanity or disrespectful behavior
- No food, gum or glass in the pool or on deck
- All swimmers must enter through the locker rooms to enter the pool
  - All bandages/band aids must be removed; large open sores will be prohibited from pool use
- No toys or inflatable flotation devices that can be deflated are allowed in the pool
- Lifeguards must be obeyed at all times. Failure to comply may result in immediate removal from the pool

### **Lap Swimming Tips**

---

We will be circle swimming. When circle swimming you will stay on the right side of the lane always. If you need to pass a swimmer tap them on the foot or pass them at the wall. Choose between a fast or slow lane.

### **Speed**

---

- Please try to choose a lane with swimmers that most nearly match your speed
  - Faster swimmers should use lane 5 and more relaxed swimmers use lanes 4.

**A deep water skills test may be administered at the judgement of the lifeguard: swim the length of the pool in adequate form at freestyle or backstroke, swim underwater for 10 meters, tread water for 1 minute and float for 1 minute**

Effective 8/29/2022