



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.		
	<b>Open Swim Times</b>	<b>Lessons</b>	<b>Swim Team</b>
<b>Monday</b>	2:00 PM - 6:30 PM		6:30 - 8:45 PM
<b>Tuesday</b>	12:00 PM - 6:00PM	6:00 - 8:00 PM	6:30 - 8:45 PM
<b>Wednesday</b>	5:45 PM - 8:45 PM	4:20 - 8:00 PM	
<b>Thursday</b>	1:00 PM - 6:30 PM		6:30 - 8:45 PM
<b>Friday</b>	2:00 PM - 6:30 PM		6:30 - 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>		
	<b>Time</b>		<b>AVAILABLE</b>
<b>Monday</b>	5:30 AM - 7:50 AM		6
	*Picktime 8:00 AM - 12:00 PM		1
	12:00 PM - 1:00 PM		0
	1:00 PM - 2:00 PM		3
	2:30 PM - 6:30 PM		4
	6:30 PM - 8:45 PM		2
<b>Tuesday</b>	5:30 AM - 7:50 AM		6
	*Picktime 8:00 AM - 12:00 PM		1
	12:00 PM - 5:45 PM		4
	6:00 PM - 8:00 PM		2
	8:00 PM - 8:45 PM		3
<b>Wednesday</b>	5:30 AM - 7:50 AM		6
	*Picktime 8:00 AM - 12:00 PM		1
	12:00 PM - 1:00 PM		0
	1:00 PM - 4:20 PM		3
	4:20 PM - 8:45 PM		2
<b>Thursday</b>	5:30 AM - 7:50 AM		6
	*Picktime 8:00 AM - 1:00 PM		1
	1:00 PM - 6:30 PM		4
	6:30 PM - 8:45 PM		2
<b>Friday</b>	5:30 AM - 8:50 AM		6
	*Picktime 9:00 AM - 12:00 PM		1
	12:00 PM - 1:00 PM		0
	1:00 PM - 6:30 PM		3
	6:30 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**

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- 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**

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- 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**

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- 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**

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- 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 directed 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

### **Lap Swimming Tips**

Two swimmers swim in the same lanes during lap swim. Be respectful of others when choosing a lane. If more than 12 swimmers are in the water 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**

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- 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 5/01/2023