



# Pool Schedule

Effective 6/15/2026

	Open Swim Times	Lessons	Swim Team
<b>Monday</b>	3:00 PM-6:00 PM	1:00 PM-3:00 PM	6:00 PM-8:00 PM
<b>Tuesday</b>	3:00 PM-6:00 PM	1:00 PM-3:00 PM	6:00 PM-8:00 PM
<b>Wednesday</b>	3:00 PM-8:45 PM	1:00 PM-3:00 PM	
<b>Thursday</b>	3:00 PM-6:00 PM	1:00 PM-3:00 PM	6:00 PM-8:00 PM
<b>Friday</b>	2:00 PM-6:00 PM		6:00 PM-8:00 PM
<b>Saturday</b>	12:00 PM-4:45 PM		
<b>Sunday</b>	12:00 PM-4:45 PM		
All pool times are tentative and may be closed due to repairs, personal training, swim meets	<b>LAP SWIM LANES</b>		<b># OF LANES AVAILABLE</b>
<b>Monday</b>	5:30 AM-7:50 AM		4
	8:00 AM-9:50 AM		2
	10:00 AM-11:50 AM		1
	12:00 PM-1:00 PM		0
	1:00 PM - 6:30 PM		2
	6:30 PM-8:45 PM		1
<b>Tuesday</b>	5:30 AM-7:50 AM		4
	8:00 AM-10:15 AM		1
	10:15 AM-6:00 PM		3
	6:00 PM-8:45 PM		2
<b>Wednesday</b>	5:30 AM-7:50 AM		4
	8:00 AM-9:50 AM		2
	10:00 AM-11:50 AM		1
	12:00 PM-1:00 PM		0
	1:00 PM-8:45 PM		3
<b>Thursday</b>	5:30 AM-7:50 AM		4
	8:00 AM-10:15 AM		1
	10:15 AM-6:00 PM		3
	6:00 PM-8:45 PM		2
<b>Friday</b>	5:30 AM-8:50 AM		4
	9:00 AM-11:50 AM		1
	12:00 PM-1:00 PM		0
	1:00 PM-8:45 PM		2
<b>Saturday</b>	7:15 AM-9:30 AM		4
	9:30 AM-12:00 PM		2
	12:00 PM-4:45 PM		3
<b>Sunday</b>	8:15 AM-11:00 AM		4
	11:00 AM-12:00 PM		1
	12:00 PM-4:45 PM		4

## **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

## **Supervision Policies**

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**\*NEW\*** · Only children in swim lessons will be permitted in the pool area during lessons

- 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 from the pool

## **Lap Swimming Tips**

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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.
- Follow the signs with the correct speed lane.

**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.**

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