



SMALL POOL SCHEDULE 2022

Effective - July 5 - August 21

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				TIME												
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6:30 AM	6:15 AM - 7 AM								6:15 AM - 7 AM								6:15 AM - 7 AM												6:30 AM												
7:00 AM	ADULT LAP & SENIOR SWIM				ADULT LAP & SENIOR SWIM				ADULT LAP & SENIOR SWIM				ADULT LAP & SENIOR SWIM				ADULT LAP & SENIOR SWIM				SENIOR SWIM		PRIVATE LESSONS		ADULT LAP & SENIOR SWIM				7:00 AM												
7:30 AM	7 AM - 8 AM				6:15 AM - 9 AM				7 AM - 8 AM				6:15 AM - 9 AM				7 AM - 8 AM				7 AM - 8 AM		7 AM - 8 AM		7 AM - 7:45 AM				7:30 AM												
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9:00 AM	SWIM LESSONS				DEEP WATER EXERCISE W/NOODLES				SWIM LESSONS				AQUA FIT HI				ADULT LAP & SENIOR SWIM				SWIM LESSONS				SENIOR SWIM		SWIM LESSONS						9:00 AM								
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Friendly Reminders:

- Schedule is effective 7/5/2022 and is subject to change.
- All participants must wear a swim cap.
- Participants must shower before entering the pool.
- Lane sharing is encouraged. Please ask permission to share a lane.
- Please circle swim when more than one person is in a lane.
- Non-lifeguard approved flotation devices such as rafts, inflatables, arm wings, backpacks or monofins (mermaid tail) are not permitted in the pools at anytime.
- Senior Swim & Adult Lap is for members 18 and older; 2 lanes open/2 lap lanes in pool.
- Family Swim is for all members regardless of age.
- Family Swim- all youth 12 & younger must be accompanied by an adult and must remain in the pool area. All swimmers ages 12 & under must successfully complete our YMCA's swim assessment to swim in the deep end.
- Family Swim-All non-swimmers and children 5 & younger must remain in the shallow end within arm's reach of an adult. If child is unable to stand in the shallow end a coast guard approved lifejacket must be worn (please bring your own).
- Family Swim-Infants/Toddlers who are not potty trained must wear a fitted plastic covering over all disposable swim diapers.



LARGE POOL SCHEDULE 2022

Effective - July 5 - August 28

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Friendly Reminders:

- Schedule is effective 7/5/22 and is subject to change due to Swim Meets, Programming or LG Classes.
- All swimmers must wear a swim cap.
- Participants must shower before entering the pool.
- Lane sharing is encouraged. Please ask permission to share a lane.
- Please circle swim when more than one person is in a lane.
- Non-lifeguard approved flotation devices such as rafts, inflatables, arm wings, baby seat floats, backpacks or monofins (mermaid tail) are not permitted in the pools at anytime.

- Adult lap is for participants 18 years and older.
- Open lap is for all ages 10 & older; Open lap swimmers 10-12 years old must be accompanied by an adult.
- Family Swim is for all members regardless of age.
- Family Swim-All non-swimmers and children ages 5 & younger must remain in the shallow end within arm's reach of an adult. If child is unable to stand in the shallow end a coast guard approved lifejacket must be worn (please bring your own).
- Family Swim- all youth 12 & younger must be accompanied by an adult and must remain in the pool area. All swimmers ages 12 & under must successfully complete our YMCA's swim assessment to swim in the deep end.
- Family Swim-Infants/Toddlers who are not potty trained must wear a fitted plastic covering over all disposable swim