

During Open/Family Swim, every child 8 and under must be accompanied in the water at all times by a person 16 years or older. If the child can pass the deep water swim test, then the child may be in the water on his/her own, with a parent on the pool deck. Children 12 and under swimming the deep end must wear a wrist band from the guards. Swimmers in lap lanes must swim consecutively. No Inflatable flotation devices will be permitted.

Sage YMCA Family Pool Schedule

Week of 8-14-2017

2017

	SUNDAY						MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY					
	Lane Number						Lane Number						Lane Number						Lane Number						Lane Number						Lane Number											
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
5:00	Family Open Swim						Family Open Swim 5-9:30am						Family Open Swim 5-10:30am						Family Open Swim 5-8:30am						Family Open Swim 5-12:00						Family Open Swim 5-8:30am						Open Swim 7-9am					
5:30																																										
6:00																																										
6:30	Family Open Swim						Family Open Swim 5-10:30am						Family Open Swim 5-10:30am						swim starters (s) 8:30-8:55						PS 8:30-8:55						swim starters (s) 8:35-9:00						PS 8:30-8:55					
7:00																																										
7:30																																										
8:00	Family Open Swim						Aquanautics 9:30-10:30 (s)						Family Open Swim 9:00-12:00						Discovery 11:30-12:00 (s)						Aquanautics						PS 9-9:25am											
8:30																																										
9:00																																										
9:30	Family Open Swim						Swim Lesson						Arthritis 10:30-11:15 (s)						PS lessons 10:35-11:30 AM (s)						PS lessons 10:35-11:30 AM						H2O Flow 10:45-11:45						PS lessons 10:35-11:30 AM					
10:00																																										
10:30																																										
11:00	Family Open Swim						Swim Lesson						Discovery 11:30-12:00 (s)						Discovery 11:30-12:00 (s)						H2O Flow 12-1pm						Swim Lessons 9-12											
11:30																																										
12:00																																										
12:30	Family Open Swim						Camp Open Swim 1-3:15						Camp Open Swim 1-3:15						Camp Open Swim 1-3:15						Arthritis Fitness 12-12:45						Family Open Swim 12-3:45											
1:00																																										
1:30																																										
2:00	Family Open Swim						Family Open Swim						Family Open Swim						Family Open Swim						Family Open Swim																	
2:30																																										
3:00																																										
3:30	Family Open Swim						Camp Swim Lessons 4:15-5:15						Camp Swim Lessons 4:15-5:15						Camp Swim Lessons 4:15-5:15						Camp Swim Lessons 4:15-5:15						Family Open Swim											
3:45																																										
4:00																																										
4:30	(s) = shallow end only						Swim Lessons 5:05-7 PM						Swim Lessons 5:05-7 PM						Swim Lessons 5:05-7 PM						Swim Lessons 5:05-7 PM						Swim Lessons 5:05-7 PM											
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8:00																																										
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8:45																																										

The water temperature is maintained between 86-88°.

Please note the pool schedule may change at any time without notice.

Private lessons are held at the coordination of student and instructor so may be during lap swim - private lessons take priority over lap swim.

Sage YMCA * 701 Manor Road, Crystal Lake, IL 60014 * 815.459.4455 * Fax 815.459.5101



FAMILY POOL CLOSED
 8/19/17 - 8/27/17
 WHIRLPOOL
 SAUNA
 STEAMROOM
 Clean, fill and warm. No water fitness, lap swimming, swim lessons or open swim