

# Hasting Lake YMCA Pool Schedule (January 7th - February 17th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:45 Lap Swim 5 Lanes Open Swim 1 Lane	5:00-8:45 Lap Swim 5 Lanes Open Swim 1 Lane	5:00-8:45 Lap Swim 5 Lanes Open Swim 1 Lane	5:00-8:45 Lap Swim 5 Lanes Open Swim 1 Lane	5:00-8:45 Lap Swim 5 Lanes Open Swim 1 Lane	7:00-8:00 Lap Swim 5 Lanes Open Swim 1 Lane	12:00-2:00 Lap Swim 5 Lanes Open Swim 1 Lane
8:45 - 11:30 Lap Swim 3 Lanes Water Fit 3 Lanes	8:45-9:15 Lap Swim 3 Lanes Water Fit 3 Lanes	9:45-11:30 Lap Swim 3 Lanes Water Fit 3 Lanes	8:30-9:15 Lap Swim 3 Lanes Water Fit 3 Lanes	8:30-11:30 Lap Swim 3 Lanes Water Fit 3 Lanes	8:00-11:00 Lap Swim 3 Lanes Swim Lesson 4 Lanes	2:00-3:00 Lap Swim 2 Lanes Open Swim 2 Lane Swim Lesson 2 Lanes
11:30-12:15 Lap Swim 3 Lanes Open Swim 2 Lane Swim Lesson 1 Lanes	9:15-10:45 Lap Swim 1 Lanes Open Swim 2 Lane Swim Lesson 1 Lanes	11:30-1:00 Lap Swim 4 Lanes Open Swim 2 Lane	9:15-10:45 Lap Swim 2 Lanes Open Swim 2 Lane Swim Lesson 2 Lanes	11:30-5:00 Lap Swim 4 Lanes Open Swim 2 Lane	11:00-4:45 Lap Swim 4 Lanes Open Swim 2 Lane	3:00-4:45 Lap Swim 4 Lanes Open Swim 2 Lane
12:15-1:00 Lap Swim 4 Lanes Open Swim 2 Lane	10:45-4:30 Lap Swim 4 Lanes Open Swim 2 Lane	1:00-2:00 Lap Swim 2 Lanes Open Swim 2 Lane Swim Lesson 1 Lanes	10:45-5:00 Lap Swim 4 Lanes Open Swim 2 Lane	5:00-6:30 Lap Swim 1 Lanes Swim Lesson 2 Lanes Swim Team 3 Lanes	<b>SWIM TEST REQUIREMENTS:</b> Children ages 7 or younger IF PASSED Parent or Caregiver at least 16 yrs of age in the pool area with them at all time. IF FAILED Parent/Caregiver at least 16 yrs of age must be in the water within arm's reach  Children ages 8 - 10 IF PASSED Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in all open areas of the pool IF FAILED Parent/Caregiver at least 16 yrs of age must be in the water within arm's reach	
1:00-2:00 Lap Swim 2 Lanes Open Swim 2 Lane Swim Lesson 2 Lanes	4:30-5:00 Lap Swim 1 Lanes Open Swim 2 Lane Swim Team 3 Lanes	2:00-4:30 Lap Swim 4 Lanes Open Swim 2 Lane	5:00-7:15 Lap Swim 1 Lanes Swim Lesson 2 Lanes Swim Team 3 Lanes	6:30-8:45 Lap Swim 1 Lanes Open Swim 2 Lane Swim Team 3 Lanes		
2:00-4:15 Lap Swim 4 Lanes Open Swim 2 Lane	5:00-6:45 Lap Swim 1 Lanes Swim Lesson 2 Lanes Swim Team 3 Lanes	4:30-5:15 Lap Swim 1 Lanes Open Swim 2 Lane Swim Team 3 Lanes	7:15-8:45 Lap Swim 1 Lanes Open Swim 2 Lane Swim Team 3 Lanes	Children ages 11 - 16 IF PASSED Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in all open areas of the pool Children ages 11 - 16 IF FAILED Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in shallow area of pool		
4:15-7:00 Lap Swim 1 Lanes Swim Lesson 2 Lanes Swim Team 3 Lanes	6:45-7:00 Lap Swim 1 Lanes Water Fit 2 Lanes Swim Team 3 Lanes	5:15-7:00 Lap Swim 1 Lanes Swim Lesson 2 Lanes Swim Team 3 Lanes	<b>Pool Rules:</b> Breath holding for longer than 10 seconds is not allowed Refrain from swimming over half the distance of the pool without taking a breath Horseplay, dunking, and/or throwing a person is not permitted Use of profanity is not tolerated Walk at all times on the pool deck Wear appropriate swim attire, workout attire is not permitted Non-traditional swim suits must be made of a wicking material All children who are not toilet trained must wear swim diapers at all times, together with a bathing suit or plastic pants. All lessons will be taught by YMCA employees. No outside lesson providers are permitted without the approval of the YMCA Dive only in designated areas. Do Not perform flips, spins, back jumps, and/or back drives. Long hair must be tied back or in a swim cap			
7:00-8:00 Lap Swim 1 Lanes Water Fit 2 Lanes Swim Team 3 Lanes	7:00-8:00 Lap Swim 1 Lanes Water Fit 2 Lanes Swim Team 3 Lanes	7:00-8:00 Lap Swim 1 Lanes Water Fit 2 Lanes Swim Team 3 Lanes				
8:00-8:45 Lap Swim 1 Lanes Open Swim 2 Lane Swim Team 3 Lanes	8:00-8:45 Lap Swim 1 Lanes Open Swim 2 Lane Swim Team 3 Lanes	8:00-8:45 Lap Swim 1 Lanes Open Swim 2 Lane Swim Team 3 Lanes				
SwimMeets January 12th & February 23th						

**RULES WILL BE ENFORCED BY ALL YMCA EMPLOYEES. FAILURE TO FOLLOW THE RULES MAY RESULT IN REMOVAL FROM THE PREMISES WITHOUT REFUNDS OR CREDITS, AND ANY ACTION THAT MANAGEMENT DEEMS APPROPRIATE.**