



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2018 Fall September 4<sup>th</sup>-October 28<sup>th</sup> POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-7:50am 8:00-8:50am 9:00-9:50am <b>Lap Swim</b>	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:00am <b>Lap Swim</b>	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am <b>Lap Swim</b>	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am <b>Lap Swim</b>	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am <b>Lap Swim</b>	5:30-6:20am 6:30-7:20am 7:30-8:20am 8:30-9:20am <b>Lap Swim</b>	7:00-7:55am <b>Lap Swim</b>
	9:00-10:00am <b>Adult Open Swim**</b> (No lap lanes)	9:30-10:30am <b>Water Aerobics**</b> Glenda (No lap lanes)	9:30-10:30am <b>Water Aerobics**</b> Glenda (No lap lanes)	9:30-10:30am <b>Water Aerobics**</b> Glenda (No lap lanes)	9:30-10:30am <b>Water Aerobics**</b> Glenda (No lap lanes)	
10:15-12:55pm <b>Swim Lessons**</b> (No lap lanes)	10:00-10:30am <b>Swim Starters**</b> (No lap lanes)	10:30-11:10am <b>Swim Lessons*</b> <b>Open/Family Swim*</b> (1 lap lanes open)				8:00-12:55pm <b>Swim Lessons**</b> (No lap lanes)
1:00-1:30pm <b>Swim Starters**</b> (No lap lanes)	10:30-11:55am <b>Swim Lessons*</b> <b>Open/Family Swim*</b> (1 lap lane open)		10:40-11:35am <b>Open/Family Swim*</b> (1 lap lane open)	10:40-11:35am <b>Open/Family Swim*</b> (1 lap lane open)	10:40-11:35am <b>Open/Family Swim*</b> (1 lap lane open)	1:05-4:30pm <b>Open/Family Swim*</b> (1 lap lane open)
1:40-4:30pm*** <b>Open/Family Swim*</b>	12:10-1:00pm <b>Lap Swim***</b>	11:20-1:00pm <b>Lap Swim***</b>	11:45-1:00pm <b>Lap Swim***</b>	11:45-1:00pm <b>Lap Swim***</b>	11:45-1:00pm <b>Lap Swim***</b>	4:40-6:00pm <b>Lap Swim***</b>
4:40-6:00pm <b>Lap Swim***</b>	1:00-2:00pm <b>Pool Closed</b>	1:00-2:00pm <b>Pool Closed</b>	1:00-2:00pm <b>Pool Closed</b>	1:00-2:00pm <b>Pool Closed</b>	1:00-2:00pm <b>Pool Closed</b>	
	2:00-3:20pm <b>Open/Family Swim*</b> (1 lap lane open)	2:00-3:20pm <b>Open/Family Swim*</b> (1 lap lane open)	2:00-3:20pm <b>Open/Family Swim*</b> (1 lap lane open)	2:00-3:20pm <b>Open/Family Swim*</b> (1 lap lane open)	2:00-3:20pm <b>Open/Family Swim*</b> (1 lap lane open)	
	3:30-4:55pm <b>Swim Lessons**</b> (No lap lanes)	3:30-4:55pm <b>Swim Lessons**</b> (No lap lanes)	3:30-6:25pm <b>Swim Lessons**</b> (No lap lanes)	3:30-4:55pm <b>Swim Lessons**</b> (No lap lanes)	3:30-5:40pm <b>Swim Lessons**</b> (No lap lanes)	
	5:00-7:00pm <b>Swim Team*</b> (Lap lane by stairs)	5:00-7:45pm <b>Swim Team*</b> (Lap lane by stairs)	6:30-7:00pm <b>Swim Starters**</b> (No lap lanes)	5:00-7:45pm <b>Swim Team*</b> (Lap lane by stairs)		
	7:10-8:05pm <b>Lap Swim</b>	7:55-8:15pm <b>Adult Open Swim**</b> (No lap lanes)	7:00-8:00pm <b>Swim Team*</b> (Lap lane by stairs)		5:50-8 pm <b>Open/Family Swim*</b>	
	8:15-9:15pm <b>Adult Swim Lessons*</b>	8:15-9:15pm <b>Adult Swim Lessons*</b>	8:15-9:15pm <b>Lap Swim</b>	7:55-9:15pm <b>Lap Swim</b>	8:15-9:15pm <b>Lap Swim</b>	
	*One lap lane will remain open	**Lap swimming not permitted at this time	***10 minute mandatory break every hour			



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## Pool Rules

1. The lifeguard on duty is the authority in the pool.
2. Children under 9 must be accompanied by an adult at all times.
3. Running, boisterous behavior, rough play, and inappropriate language will not be tolerated.
4. Only Lake View YMCA floatation devices are allowed.
5. Individuals with ear length hair or longer must wear a swim cap.
6. Proper swim attire must be worn in the pool -- no cut-offs or cotton shorts/shirts.
7. Street shoes are not allowed on deck. Protective booties are available in the locker rooms.
8. Anyone with bandages, open blisters, cuts or lesions may not enter the water.
9. Diving, flips, twists and backward jumps are not allowed.
10. For the safety of all swimmers, individuals under the age of 14 must pass a deep-water test (one lap or 40 yard swim and treading water for 30 seconds) before swimming in the deep end.  
Swim tests available during Open/Family Swim Times.
11. Pool may close every hour for a 10 minute safety break.

Exceptions: those enrolled in Lake View YMCA swim class accompanied by an instructor at the discretion of the lifeguard

Private Lessons may share pool space during Open/Family Swim or Lap Swim.  
Lanes are still available for members at these times.

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