



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 Spring 2 Session

April 15 – June 4

POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30a-8:55 a Lap Swim	5:30a-9:25 a Lap Swim	5:30a-9:25 a Lap Swim	5:30a-9:25 a Lap Swim	5:30a-9:25 a Lap Swim	
7-9:00 a Lap Swim						7a-7:55 a Lap Swim
	9 – 9:30a Swim Starters *** 2 lap lanes open					
9:10-10:10 a Water Fitness Gwyn	9:30-10:30 a Adult Open Swim**	9:30-10:30 a Water Aerobics Inno	9:30a-10:30 a Water Aerobics Glenda	9:30a-10:30 a Water Aerobics Inno	9:30a-10:30 a Water Aerobics Glenda	8a-9 a Swim Starters
10:15-1:30p Group Swim Lessons	10:30a- 11:15 a Swim Basics Deep Wtr Running ***1 lap lane open	10:30a- 11 a Swim Starters <small>Deep</small> <small>End Open</small>	10:30a – 11:15a Deep Wtr Running Family Swim *** 2 lanes open	10:30a – 11:45a Open/Family Swim*	10:30 a- 11:15a Deep Wtr Running Family Swim *** 2 lanes open	9 a-1:00 p Group Swim Lessons
	11:20a – 11:55a Open/Family Swim*	11a- 11:55a Open/Family Swim*	11:15a – 11:45a Open/Family Swim*		11:15a – 11:45a Open/Family Swim*	
	12p-1:30p Lap Swim	12p -1:30p Lap Swim	11:50p -1:30p Lap Swim	11:50a -1:30p Lap Swim	11:50p -1:30p Lap Swim	1p – 2:10p Swim Team
1:30 -4:30 p Open/Family Swim*	1:30p – 2:30p Pool Closed	1:30p – 2:30p Pool Closed	1:30p – 2:30p Pool Closed	1:30p – 2:30p Pool Closed	1:30p – 2:30p Pool Closed	2:15p – 4:30p Open/Family Swim*
4:35-6:00 p Lap Swim	2:30p – 3:25p Open/Family Swim*	2:30p – 3:25p Open/Family Swim*	2:30p – 3:25p Open/Family Swim*	2:30p – 3:25p Open/Family Swim*	2:30p – 3:25p Open/Family Swim*	4:35p-6:00 p Lap Swim
	3:30p- 6:30p Group Swim Lessons	3:30p – 4:55p Group Swim Lessons	3:30p – 6:30p Group Swim Lessons	3:30p -4:55p Private Swim Lessons	3:30p – 6:30p Group Swim Lessons	
		5:00 – 7:10p Swim Team		5:00p – 8:15p Swim Team		
	6:30-7 p Lap Swim		6:30-7 p P/C Lessons *** 1 lane available		6:30-8 p Open/Family Swim*	
	7:05-8:00 p Water Conditioning Gwyn	7:15p – 8:00p Lap Swim	7:05-9:15p Lap Swim			
	8 – 9 p Adult Swim Lessons	8 – 9 p Adult Stroke Development		8:20-9:15p Lap Swim	8:05-9:15 p Lap Swim	
*One lap lane will remain open during Open/Family Swim	**Lap swimming not permitted at this time					



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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.

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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