

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



SPRING ONE

Spring 1 Schedule (2/19- 4/15)

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

	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																			
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8:00							Family Swim																																				8:00																		
8:30							Swim Starters						Family Swim						Family Swim																								8:30																		
9:00							Free Aquanautics																																										9:00												
9:30							9:30-10:30 (s)																																										9:30												
10:00													Swim Starters 10:15 - 10:40						Swim Starters						Preschool						Family Swim												Swim Lessons NO OPEN SWIM 9-12:00						10:00												
10:30																																																							10:30						
11:00	Family Swim												In-House Swim Lesson						In-House 10:45																		Free H2O Flow 10:45-11:45												11:00												
11:30	Swim Lessons						Open						In-house Swim Lesson						In-House 11:15																														11:30												
12:00	11:30-12:15						Free H2o Flow 12-1pm						Free Arthritis 12-12:45 (s)						Home School						Free H2o Flow 12-1pm						Free Arthritis Fitness 12-12:45																		12:00												
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4:00							Open						Family Swim																																										4:00						
4:30							Developmental A 4:30 pm - 5:30pm						Developmental B 4:30 pm - 5:30pm						Developmental A 4:30 pm - 5:30pm						Developmental B 4:30 pm - 5:30pm						Developmental A & B 4:30 - 5:30												4:30																		
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6:30							Swim Lessons 5:35 - 7:45						Swim Lessons						Swim Lessons 5:35 - 7:45						Swim Lessons																								6:30												
7:00																																																													7:00
7:15													Free Deep Water Aerobics 7:00- 8:00pm						Deep water Cadence 7:15-8:00						Free Deep Water Aerobics 7:00- 8:00pm																								7:15												
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The water temperature is maintained between 86-88°.

Please Note Private Lessons can happen during Lap Swim and will use open space.