



# Sage YMCA Family Pool Schedule



Fall 1		Fall Schedule 9/3/2018- 10/28/2018	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	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							
6:00							
7:00							
8:00							
9:00	Family Swim	ADULT LAP LANE				Starters 9-9:30	
9:15		Preschool 9:30 - 10			Preschool 9:30 - 10	School Age Lessons 9:00	
9:30					Starters 10-10:30		
10:00							
10:15							
10:30		Family Swim	Family Swim	Family Swim		Preschool Swim 10:10	
10:45				Preschool In House			
11:00	Starters 11:30-12						
11:15						Starters 11-11:30	
11:30							
12:00	Lessons Age	H2O 12-1	Arthritis 12-12:45	Home School 12-12:45	H2O 12-1		
12:30					Arthritis 12-12:45		
1:00	FAMILY Swim		Family Swim	Family Swim	Family Swim	Family Swim	
1:30							
1:45							
2:00							
2:30							
3:00							
3:15							
3:30							
4:00							
4:15							
4:30		Developmental			Developmental	Developmental	
5:00		Preschool Swim	School Age Lessons 5:00 - 6:40	Swim	Starters 5-5:30	School Age Lessons 5:00 7:10	
5:15				Preschool 5-6:40	School Age Lessons 5-7:15	School Age Lessons 5:00 7:10	
5:30							
6:00							
6:30							
7:00							
7:15			Deep Water Aerobics 7-8			Deep Water Aerobics 7-8	
7:30				Family Swim	Family Swim		
7:45							
8:00							
8:30							
9:00							

The water temperature is maintained between 86-88°. Please Note Private Lessons can happen during Lap Swim and will use open space.

<p><b>SWIM TEST REQUIREMENTS:</b> Children ages 7 or younger <b>IF PASSED</b> Parent or Caregiver at least 16 yrs of age in the pool area with them at all time.</p> <p>Children ages 7 or younger <b>IF FAILED</b> Parent/Caregiver at least 16 yrs of age must be in the water within arm's reach</p> <p>Children ages 8 - 10 <b>IF PASSED</b> Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in all open areas of the pool</p> <p>Children ages 8 - 10 <b>IF FAILED</b> Parent/Caregiver at least 16 yrs of age must be in the water within arm's reach</p> <p>Children ages 11 - 16 <b>IF PASSED</b> Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in all open areas of the pool</p> <p>Children ages 11 - 16 <b>IF FAILED</b> Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in shallow area of pool</p>
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