



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2017 Fall 1

September 5 – October 29

POOL SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-8:55am Lap Swim	5:30-8:55am Lap Swim	5:30-8:55am Lap Swim	5:30-8:55am Lap Swim	5:30-8:55am Lap Swim	
7:00-9:05am Lap Swim	9:00-10:00am Adult Open Swim** No lap lanes	9:00-10:00am Water Aerobics** Inno	9:00-10:00am Water Aerobics** Glenda	9:00-10:00am Water Aerobics** Inno	9:00-10:00am Water Aerobics** Glenda	7:00-7:55 am Lap Swim
9:10-10:10am Water Fitness* Gwyn	10:00-10:30am Swim Starters* (2 lap lanes open)	10:15-11:30am Open/Family Swim*	10:30-11:15am Deep H2O Running* (2 lap lanes open)	10:00 - 11:45am Open/Family Swim*	10:30-11:15am Deep H2O Running* (2 lap lanes open)	8:00-1:10pm Group Swim Lessons**
10:15-1:00pm Group Swim Lessons**	10:30-11:15am Deep H2O Running/ Swim Lessons					1:15-4:15pm Open/Family Swim*
1:05-4:30pm Open/Family Swim*	11:15-11:55am Swim Lessons* (2 Lanes open)	11:15-12:15pm Open/Family Swim* (2 lap lanes open)	11:15-12:15pm Open/Family Swim*		11:15-12:15pm Open/Family Swim*	4:15-6:00pm Lap Swim
4:35-6:00pm Lap Swim	12:00-12:45pm Open/Family swim* (2 lanes open)					
	12:45-1:30pm Lap Swim	12:15 -1:30pm Lap Swim	12:15 -1:30pm Lap Swim	11:45 -1:30pm Lap Swim	12:15 -1:30pm Lap Swim	
	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	1:30-2:30pm Pool Closed	
	2:30- 3:25pm Open/Family Swim*	2:30- 3:25pm Open/Family Swim*	2:30- 3:25pm Open/Family Swim*	2:30- 3:25pm Open/Family Swim*	2:30- 3:25pm Open/Family Swim*	
	3:30- 4:55pm Group Swim Lessons**	3:30-4:55pm Group Swim Lessons**	3:30-6:25pm Group Swim Lessons**	3:30 -4:55pm Group Swim Lessons**	3:30p - 5:40p Group Swim Lessons**	
	5:00-7:00pm Swim Team* (Lap lane by the stairs is open)	5:00-7:30pm Swim Team* (Lap lane by the stairs is open from 6:30-7:30)	6:30-7:00pm Swim Starters* (2 lanes open)	5:00p - 7:15p Swim Team* (Lap lane by the stairs is open from 6:30-7:30)	5:45-6:45pm Swim Team (Lap lane by the stairs is open)	
	7:05-8:00pm Water Conditioning* Gwyn	7:30- 8:15pm Lap Swim	7:00-8:15pm Lap Swim		6:45-8:15 pm Open/Family Swim*	
	8:15-9:15pm Adult Swim Lessons*	8:15-9:15pm Adult Swim Lessons*	8:15-9:15pm Adult Swim Lessons*	7:30- 9:15pm Lap Swim	8:15-9:15 p Lap Swim	
	*One lap lane will remain open	**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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