

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

Fall - October 30th-December 23rd

	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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9:30							Free Aquanautics 9:30-10:30 (s)												Swim Starters												Aquanautics 9:30 - 10:30						Swim Lessons 9-12						9:30																																																												
10:00																																																	10:00																																																						
10:30																															Preschool																		10:30																																																						
11:00	Family Swim												In-House Swim Lesson						In-House 10:45						Preschool																		11:00																																																												
11:30													In-House Swim Lesson						In-House 11:15																		Free H2O Flow 10:45-11:45												11:30																																																						
12:00							Free H2o Flow 12-1pm						Home School						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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4:30							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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6:00													Swim Lessons 5:35 - 7:45												Swim Lessons 5:35 - 7:45												Swim Lessons 5:35 - 7:00																																				6:00																														
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7:15																			Free Deep Water Aerobics 7:00- 8:00pm												Deep Water Cadence Running 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 the pool schedule may change at any time without notice.

Private lessons are held at the coordination of student and instructor so may be during lap swim - private lessons take priority over lap swim.