Sage YMCA Family Pool Schedule

Fall 2 | **Winter Break Schedule December 23-January 14th** | Please note the pool schedule may change at any time without notice.

Time	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00							
6:00							
7:00							
8:00							
9:00							
9:15							
9:30							
10:00	Family Swim 10:04:00 PM	Family Open Swim 10:00-12:00PM	Family Open Swim 10:00-12:00	Family Open 10-12pm	Family Open 10am-12pm		Family Open Starts at 10:00
10:15							
10:30							
10:45						H2O 10:45-11:45	
11:00							
11:30							
12:00		H2O 12-1	Arthritis 12-12:45	H2O 12-1	Arthritis 12-12:45		
12:30							
1:00	No Lap Lanes Open	Family Swim	Family Open Swim	Family Swim	Family Swim 1pm-9pm	Family Swim 12pm-4:30	Family Open Swim
1:30							
2:00							
2:30							
3:00		Swim	1pm-9pm			Family Swim	Starts at 10:00am
3:30							
4:00							
4:15							
4:30		Developmental 4:30-5:30		Developmental 4:30-5:30		Developmental 4:30-5:30	
5:00							
5:15		Family Swim Starts at 5:30		Family Open 4:30-9pm		Family Swim 4:30-9pm	
5:30							
6:00							
6:30							
7:00		7-8 Deep Water Aerobics			7-8 Deep Water Aerobic		
7:30							
8:00		Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
8:30							
9:00							

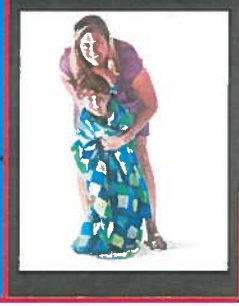
Lane Number: 1 2 3 4 5 6

ADULT LAP LANE

ADULT LAPE LANE

ADULT LAPE LANI

adult LapLane



The water temperature is maintained between 86-88°.

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

SWIM TEST REQUIREMENTS: Children ages 7 or younger **IF PASSED** Parent or Caregiver at least 16 yrs of age **in the pool area with them at all time.**

Children ages 7 or younger **IF FAILED** Parent/Caregiver at least 16 yrs of age imust be **in the water within arm's reach**

Children ages 8 - 10 **IF PASSED** Parent/Caregiver at least 16 yrs of age imust be **in the facility**. Child allowed in all open areas of the pool

Children ages 8 - 10 **IF FAILED** Parent/Caregiver at least 16 yrs of age imust be **in the water within arm's reach**

Children ages 11 - 16 **IF PASSED** Parent/Caregiver at least 16 yrs of age imust be **in the facility**. Child allowed in all open areas of the pool

Children ages 11 - 16 **IF FAILED** Parent/Caregiver at least 16 yrs of age imust be **in the facility.** Child allowed in shallow area of pooll