

Sage YMCA Family Pool Schedule

Summer 2 **Summer Schedule 7/30/2018 - 8/18/2018** 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																																				
	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	LAP LANE						Open Swim						Open Swim						LAP LANE						LAP LANE						LAP LANE						LAP LANE						5:00																								
6:00							Open Swim						Open Swim						LAP LANE						LAP LANE						LAP LANE						LAP LANE						LAP LANE						6:00																		
7:00	LAP LANE						Starters						Starters						Starters						Starters						Starters						Starters						7:00																								
8:00							Open Swim						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						8:00																		
9:00	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						9:00																		
9:30							Open Swim						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						9:30																		
10:00	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						10:00																		
10:30							Open Swim						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						10:30																		
11:00	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						11:00																		
11:15							Open Swim						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						11:15																		
11:30	LAP LANE						H2O						Arthritis						H2O						Arthritis						H2O						Arthritis						H2O						11:30																		
12:00							H2O						Arthritis						Arthritis						H2O						Arthritis						Arthritis						H2O						Arthritis						12:00												
12:30	LAP LANE						Discovery Camp						Discovery Camp						Discovery Camp						Discovery Camp						Discovery Camp						Discovery Camp						Discovery Camp						12:30																		
1:00							Open Swim						12:30 - 2:15 Shallow End						12:30 - 2:15 Shallow End						12:30 - 2:15 Shallow End						12:30 - 2:15 Shallow End						12:30 - 2:15 Shallow End						12:30 - 2:15 Shallow End						1:00																		
1:30	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						1:30												
1:45							Open Swim						Camp 2:15 - 4:00						Camp 2:15 - 4:00						Camp 2:15 - 4:00						Camp 2:15 - 4:00						Camp 2:15 - 4:00						Camp 2:15 - 4:00						Camp 2:15 - 4:00						1:45												
2:00	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						2:00												
2:30							Open Swim						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						2:30												
3:00	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						3:00												
3:15							Open Swim						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						3:15												
3:30	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						3:30												
4:00							Open Swim						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						Camp Lesson 4 - 5:00						4:00												
4:15	LAP LANE						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						Swim Preschool						4:15												
4:30							Swim Preschool						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						4:30						
5:00	LAP LANE						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						5:00												
5:15							Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						5:15						
5:30	LAP LANE						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						5:30						
6:00							Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						Swim Lessons Age						6:00						
6:30	LAP LANE						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						6:30						
7:00							No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						No OPEN						7:00
7:15	LAP LANE						Free Deep Water						Open Swim						Free Deep Water						Free Deep Water						Free Deep Water						Free Deep Water						Free Deep Water						Free Deep Water						Free Deep Water						7:15						
7:30							Free Deep Water						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						7:30
7:45	LAP LANE						Aerobics 7-8						Open Swim						Aerobics 7-8						Aerobics 7-8						Aerobics 7-8						Aerobics 7-8						Aerobics 7-8						Aerobics 7-8						Aerobics 7-8						7:45						
8:00							Aerobics 7-8						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						8:00
8:30	LAP LANE						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						8:30
9:00							Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim						Open Swim

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 must be in the water within arm's reach
 Children ages 8 - 10 **IF PASSED** Parent/Caregiver at least 16 yrs of age must 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 must be in the water within arm's reach
 Children ages 11 - 16 **IF PASSED** Parent/Caregiver at least 16 yrs of age must 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 must be in the facility. Child allowed in shallow area of pool