



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# AQUATICS SCHEDULE

## BEGINS SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Open Swim 9:00am-4:30pm Lap Swim 6 Lanes	Lap Swim 5:30am-6:00am Lap Swim 6 lanes	Lap Swim 5:30am-7:00am Lap Swim 6 lanes	Lap Swim 5:30am-6:00am Lap Swim 6 lanes	Lap Swim 5:30am-7:00am Lap Swim 6 lanes	Lap Swim 5:30am-6:00am Lap Swim 6 lanes		
	Master's Swim 6:00am-7:30am Lap Swim 1 lane	Open Swim 7:00am-9:00am Lap Swim 4 lanes	Master's Swim 6:00am-7:30am Lap Swim 1 lane	Open Swim 7:00am-9:00am Lap Swim 4 lanes	Master's Swim 6:00am-7:30am Lap Swim 1 lane	Open Swim 7:30am-12:00pm Lap Swim 3 lanes	Open Swim 7:00am-9:00am Lap Swim 6 lanes
	Open Swim 7:30am-9:00am Lap Swim 3 lanes		Open Swim 7:30am-9:00am Lap Swim 3 lanes		Open Swim 7:30am-9:00am Lap Swim 3 lanes		Open Swim 7:30am-9:00am Lap Swim 3 lanes
	Swim Lessons 9:00am-11:00pm Lap Swim 2 Lanes	Swim Lessons 9:00am-11:00pm Lap Swim 2 Lanes	Swim Lessons 9:00am-11:00pm Lap Swim 2 Lanes	Swim Lessons 9:00am-11:00pm Lap Swim 2 Lanes	Swim Lessons 9:00am-11:00pm Lap Swim 2 Lanes		Swim Lessons 9:00am-11:15am Lap Swim 1-2 lanes
	Open Swim 11:00am-12:00pm Lap Swim 1-2 lanes	Open Swim 11:00pm-3:00pm Lap Swim 1-2 lanes	Open Swim 11:00am-12:00pm Lap Swim 1-2 lanes	Open Swim 11:00am-12:00pm Lap Swim 1-2 lanes	Open Swim 11:00am-3:00pm Lap Swim 1-2 lanes		
	AFEP Twinges and Hinges 12:00pm-1:00pm Lap Swim 2 lanes		AFEP Twinges and Hinges 12:00pm-1:00pm Lap Swim 2 lanes		AFEP Twinges and Hinges 12:00pm-1:00pm Lap Swim 2 lanes	AFEP Twinges and Hinges 12:00pm-1:00pm Lap Swim 2 lanes	
	Open Swim 1:00pm-3:00pm Lap Swim 1-2 lanes		Open Swim 1:00pm-3:00pm Lap Swim 1-2 lanes		Open Swim 1:00pm-3:00pm Lap Swim 1-2 lanes		Open Swim 1:00pm-3:00pm Lap Swim 1-2 lanes
	Swim Lessons 3:00pm-5:30pm Lap Swim 1-2 Lanes	Swim Lessons 3:00pm-5:30pm Lap Swim 1-2 Lanes	Swim Lessons 3:00pm-5:30pm Lap Swim 1-2 Lanes	Swim Lessons 3:00pm-5:30pm Lap Swim 1-2 Lanes	Swim Lessons 3:00pm-5:30pm Lap Swim 1-2 Lanes	Open Swim 3:00am-5:30pm Lap Swim 2 lanes	Open Swim 11:15am-6:30pm Lap Swim 2 lanes
	Swim Team 4:30pm-7:00pm Lap Swim 1 lane	Swim Team 4:30pm-7:00pm Lap Swim 1 lane	Swim Team 4:30pm-7:00pm Lap Swim 1 lane	Swim Team 4:30pm-7:00pm Lap Swim 1 lane	Swim Team 4:30pm-7:00pm Lap Swim 1 lane		
		Aqua Fitness 6:30pm-7:30pm Lap Swim 1 Lanes				Wet Ball Team 5:30pm-7:00pm Lap Swim 1 lane	
Open Swim 7:00pm-8:30pm Lap Swim 2-4 lanes	Open Swim 7:30pm-8:30pm Lap Swim 2-4 lanes	Open Swim 7:00pm-8:30pm Lap Swim 2-4 lanes	Open Swim 7:00pm-8:30pm Lap Swim 2-4 lanes	Open Swim 7:00pm-8:30pm Lap Swim 2-4 lanes	Open Swim 7:00pm-8:30pm Lap Swim 2-4 lanes		

\*\*\*Schedule is subject to change



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## POOL RULES/REGULATIONS

The following rules and regulations have been established for the benefit and protection of all patrons to assure the safe operation of pool facilities. Patrons are requested to cooperate in observing these rules and are subject to the revocation of their swimming privileges, if violating rules.

- Obey the Lifeguard at all times.
- No diving, running, or rough play allowed.
- Breath holding activities are prohibited except during supervised instruction.
- Parents or Guardians are responsible for supervising their children.
- All non-swimmers 8 years and younger must have a parent or guardian in the pool at arm length during recreation swim.
- All children 11 & younger must be accompanied on deck by a responsible adult during recreation swim.
- All non-swimmers are requested to wear a Coast Guard Approved Personal Floatation Device during recreational swim times.
- All swimmers must shower at the YMCA before entering pool.
- Lifeguards are on duty to enforce rules and to respond in case of emergency.
- Children 2 years and younger must wear swim diapers or liners at all times.
- Please use locker rooms to change your child's suit.
- No glass bottles, gum, soap, food or razors allowed in pool area.
- Proper swim attire must be worn. No cut-offs or tee shirts allowed.
- Spitting, blowing of the nose or discharge of bodily waste in the pool prohibited.
- Sitting or hanging on float lines is not allowed.