



POOL SCHEDULE OCTOBER

RECREATION POOL*

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open
1:00-7:45 p.m.	3 Lanes	6:00-10:00 a.m.	4 Lanes	6:00-10:00 a.m.	4 Lanes	6:00-10:00 a.m.	4 Lanes	6:00-10:00 a.m.	4 Lanes	6:00-10:00 a.m.	4 Lanes	7:30-9:00 a.m.	4 Lanes
		10:00-12:15 p.m.	3 Lanes	10:00-12:15 p.m.	3 Lanes	10:00-12:15 p.m.	3 Lanes	10:00-12:15 p.m.	3 Lanes	10:00-12:15 p.m.	3 Lanes	9:00-12:15 p.m.	0 Lanes
		12:15-4:30 p.m.	4 Lanes	12:15-4:30 p.m.	4 Lanes	12:15-4:30 p.m.	4 Lanes	12:15-4:30 p.m.	4 Lanes	12:15-4:30 p.m.	4 Lanes	12:15-7:45 p.m.	3 Lanes
		4:30-8:45 p.m.	3 Lanes	4:30-8:45 p.m.	3 Lanes	4:30-8:45 p.m.	3 Lanes	4:30-8:45 p.m.	3 Lanes	4:30-8:45 p.m.	3 Lanes		

*The 'ramp' area and the 'Open Area' of the pool is available for open swim. Please note designated times these areas will be closed for programs. Birthday parties utilize the pool in the afternoons on weekends.

COMPETITION POOL

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open	Time	Lanes Open
1:00-5:00 p.m.	9 Lanes	6:00-9:00 a.m.	11 Lanes	6:00-9:00 a.m.	11 Lanes	6:00-9:00 a.m.	11 Lanes	6:00-9:00 a.m.	11 Lanes	6:00-9:00 a.m.	11 Lanes	7:30-9:30 a.m.	7 Lanes
5:00-7:00 p.m.	8 Lanes	9:00-10:00 a.m.	9 Lanes	9:00-10:00 a.m.	9 Lanes	9:00-10:00 a.m.	9 Lanes	9:00-10:00 a.m.	9 Lanes	9:00-10:00 a.m.	9 Lanes	9:30-11:00 a.m.	6 Lanes
7:00-8:00 p.m.	9 Lanes	10:00-3:00 p.m.	9 Lanes	10:00-3:00 p.m.	9 Lanes	10:00-12:00 p.m.	9 Lanes	10:00-3:00 p.m.	9 Lanes	10:00-3:00 p.m.	9 Lanes	11:00-12:00 p.m.	8 Lanes
		3:00-5:00 p.m.	0 Lanes	3:00-5:00 p.m.	0 Lanes	12:00-1:00 p.m.	8 Lanes	3:00-5:00 p.m.	0 Lanes	3:00-5:00 p.m.	0 Lanes	12:00-5:00 p.m.	9 Lanes
		5:00-6:30 p.m.	8 Lanes	5:00-6:30 p.m.	8 Lanes	1:00-3:00 p.m.	9 Lanes	5:00-6:30 p.m.	8 Lanes	5:00-6:30 p.m.	8 Lanes	5:00-7:00 p.m.	8 Lanes
		7:30-8:45 p.m.	9 Lanes	7:30-8:45 p.m.	9 Lanes	3:00-5:00 p.m.	0 Lanes	6:30-7:30 p.m.	8 Lanes	7:30-8:45 p.m.	9 Lanes	7:00-7:45 p.m.	9 Lanes
						5:00-6:30 p.m.	8 Lanes	7:30-8:45 p.m.	9 Lanes				
						6:30-8:45 p.m.	9 Lanes						

RULES AND POLICIES

- Taking pictures or video as well as cell phone use (calls, texts, emails, etc. may be handled in the hallway) is not permitted at any time
- Please shower prior to entering the pool(s) or spa (it helps to minimize the smell of chemicals and keeps the water clean from oils, lotions, deodorants, sweat, etc.)
- Please walk, no running
- Children under 7 years of age must have a parent/guardian in the water within arm's reach and/or wear a Coast Guard Approved life jacket
- Children under age 11 must have a parent/guardian in the pool area at all times
- Only Coast Guard Approved flotation devices are permitted
- The only inflatable device allowed is a beach ball
- Please jump and dive only in the deepest end of the Lap Pool
- Starting blocks are ONLY for program use
- Please do not hang or sit on the lane lines (they can break)
- Anyone under age 16 years who wishes to swim in water that is chest deep or deeper will be swim tested and must wear a Deep Water Approved wristband
- Members must be at least 15 years old in order to use the spa (remember that Honesty is a YMCA core value)
- Minimize splashing
- Keep your hands and feet to yourselves (no rough play or piggy back rides)
- Extended breath holding is not permitted including hypoxic training and breath holding games



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