



# Northeast YMCA Pool Schedule

Effective August 24 2023

REC/OPEN SWIM
  YMCA PROGRAMMING
  GROUP EXERCISE CLASS
  LAP SWIM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES
5:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED	CLOSED
6:00AM	WATERFIT COMBO 5:30-6:15AM		WATERFIT COMBO 5:30-6:15AM		WATERFIT COMBO 5:30-6:15AM		
7:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
8:00AM	WATERFIT COMBO 8:15-9:00AM	WATERFIT COMBO 8:15-9:00AM	WATERFIT COMBO 8:15-9:00AM		WATERFIT COMBO 8:15-9:00AM	LAP SWIM	
9:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM LESSONS 9:00-11:30AM	
10:00AM	REC/OPEN SWIM 10:00-11:00AM	REC/OPEN SWIM 10:00-1:00PM	REC/OPEN SWIM 10:00-11:00AM	REC/OPEN SWIM 10:00-1:00PM	REC/OPEN SWIM 10:00-11:00AM	LAP SWIM	LAP SWIM
11:00AM			AQUA ARTHRITIS 11:00-11:30AM		AQUA ARTHRITIS 11:00-11:30AM		
12:00PM	REC/OPEN SWIM 12:00-1:00PM		REC/OPEN SWIM 12:00-1:00PM		REC/OPEN SWIM 12:00-1:00PM		
1:00PM	FIT FOR LIFE 1:00-1:45PM	FIT FOR LIFE 1:00-1:45PM	FIT FOR LIFE 1:00-1:45PM	FIT FOR LIFE 1:00-1:45PM	LAP SWIM	REC/OPEN SWIM 11:45-4:30PM	
2:00PM	REC/OPEN SWIM 2:00-3:30PM	REC/OPEN SWIM 2:00-4:30PM	REC/OPEN SWIM 2:00-3:30PM	REC/OPEN SWIM 2:00-4:30PM	REC/OPEN SWIM 2:00-3:30PM		SWIM LESSONS 2:00-3:00PM
3:00PM							
4:00PM	SWIM TEAM 3:45-5:15PM		SWIM TEAM 3:45-5:15PM		SWIM TEAM 3:45-5:15PM		WATERFIT COMBO 3:30-4:15PM
5:00PM	WATERFIT COMBO 5:30-6:15PM	SWIM LESSONS 5:00-6:40PM	WATERFIT COMBO 5:30-6:15PM	SWIM LESSONS 5:00-6:40PM		LAP SWIM	BOGAFIT COMBO 4:30-5:30PM
6:00PM	REC/OPEN SWIM 6:15-8:15PM	SWIM TEAM 6:45-8:15PM	REC/OPEN SWIM 6:15-8:15PM	SWIM TEAM 6:45-8:15PM	REC/OPEN SWIM 5:30-8:15PM	POOL CLOSING AT 5:30PM SATURDAY & SUNDAY	LAP SWIM
7:00PM							
8:00PM	POOL CLOSING AT 8:30PM MONDAY-FRIDAY						

POOL CLOSING AT 8:30PM MONDAY-FRIDAY

## THINGS TO KNOW

- Click [here](#) for Indoor Pool Guidelines.
- YMCA Youth Policy applies. In all cases, youth must be 9 years or older to be in any YMCA facility without a guardian. Please review all other Youth Policies for facility access.
- Members of all ages are welcome during recreational swim times.
- Private Lessons will utilize lap lane when needed.
- All schedules are subject to change. The YMCA reserves the right to schedule programs, rentals, and special events, and will make every effort to notify members of any schedule changes.
- Safety Checks may be performed on weekends from 12:00-5:00pm, Out of School Days, and during times of increased patron load. Safety Checks are 10 minute intervals that take place at the end of the hour.

## WHAT TO BRING

Towels, pad lock, goggles, and toys.

## UPCOMING YMCA PROGRAMS:

### Swim Lesson Session

September 11- October 15  
October 16- November 19

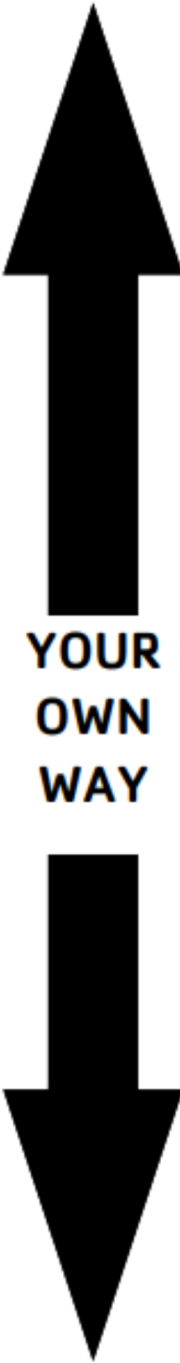
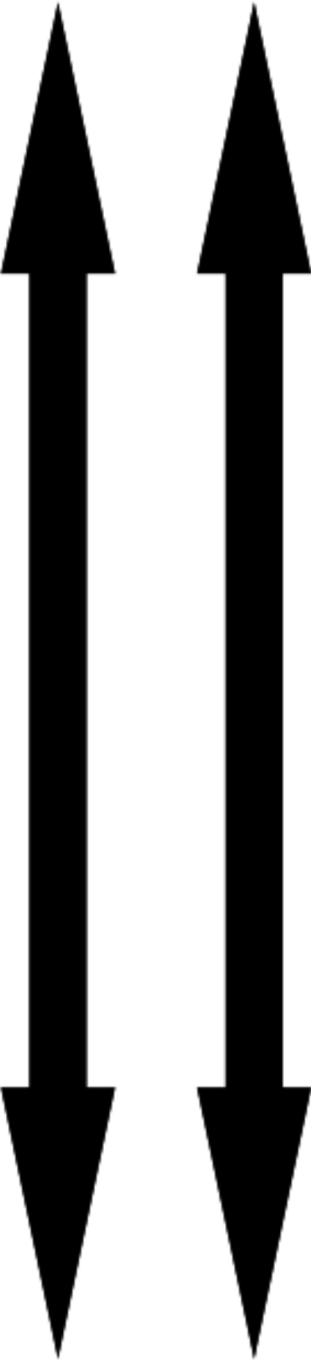
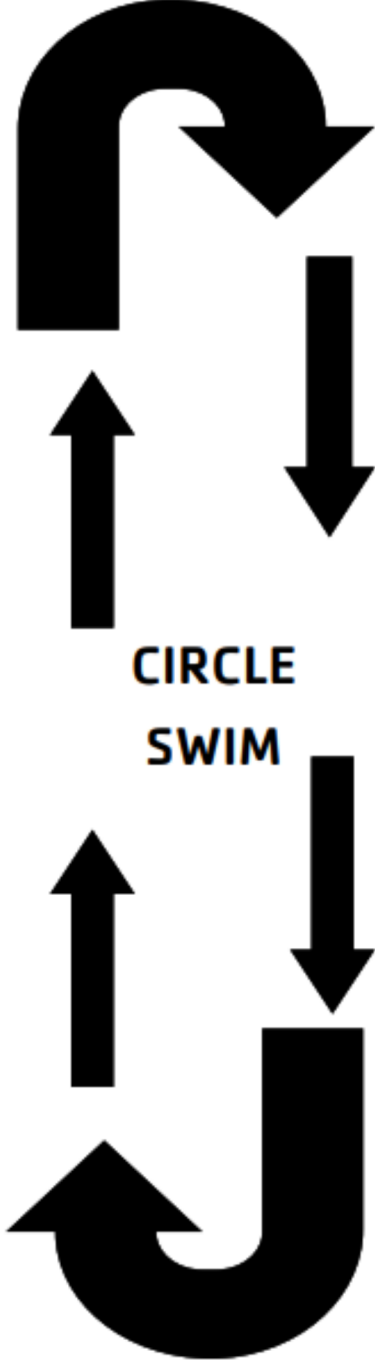
### Lifeguard Class Date's ( Utilize half of the pool )

Saturday's 12-5 and Sunday's 8am-2pm  
August 26 & 27th

### Boga Fit

TBA

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p><b>YOUR OWN WAY</b></p>		 <p><b>CIRCLE SWIM</b></p>

## THINGS TO KNOW

- Please be respectful of your fellow Y Friends.
- We understand our pool at times can be busy, our goal is to meet as many people's needs as possible.
- Try to swim with people who have the same ability and let them know you are entering the lane.
- Be cautious and courteous. Do not start directly in front or behind someone approaching the wall for a turn, give them room.
- With two or more swimmers in a lane, use the circle swim pattern (it's like driving, keep to the right).
- Adult Lap Swim is designated for 18+.
- There are three lap lanes available outside dedicated lap swim time frames with the exception of when YMCA programs are in progress