



# Northeast YMCA Pool Schedule

## Effective Aug 1–Nov 16

  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		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	WATERFIT COMBO 8:15-9:00AM	WATERFIT COMBO 8:00-8:45AM	LAP SWIM
9:00AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM LESSONS 9:00-11:30AM	LAP SWIM
10:00AM	REC/OPEN SWIM 10:00-11:00AM		REC/OPEN SWIM 10:00-11:00AM		REC/OPEN SWIM 10:00-11:00AM		
11:00AM		REC/OPEN SWIM 10:00-1:00PM	AQUA ARTHRITIS 11:00-11:30AM	REC/OPEN SWIM 10:00-1:00PM	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	REC/OPEN SWIM 11:45-4:30PM	REC/OPEN SWIM 12:00-2:00PM
1:00PM	FIT FOR LIFE 1:00-1:45PM	FIT FOR LIFE 1:00 to 1:45PM	FIT FOR LIFE 1:00 to 1:45PM	FIT FOR LIFE 1:00 to 1:45PM			
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	LAP SWIM	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	LAP SWIM	LAP SWIM
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		POOL CLOSING AT 5:30PM SATURDAY AND SUNDAY	
6:00PM	REC/OPEN SWIM 6:15-8:15PM		REC/OPEN SWIM 6:15-8:15PM		REC/OPEN SWIM 5:30-8:15PM		
7:00PM		SWIM TEAM 6:45-8:15PM		SWIM TEAM 6:45-8:15PM			
8:00PM							

POOL CLOSING AT 8:30PM MONDAY-FRIDAY

### THINGS TO KNOW

Sauna Closed For Cleaning Thursdays 2:30- 4:00pm

- 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 will be performed on weekends from 12:00pm-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


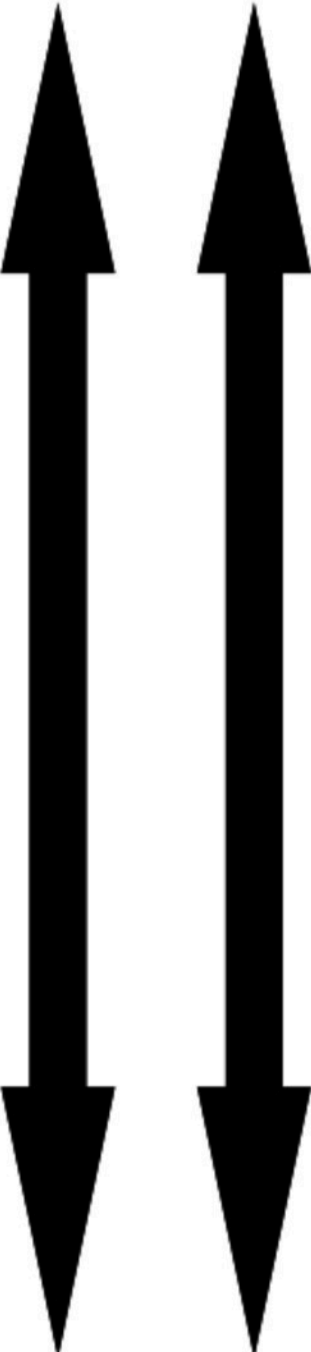
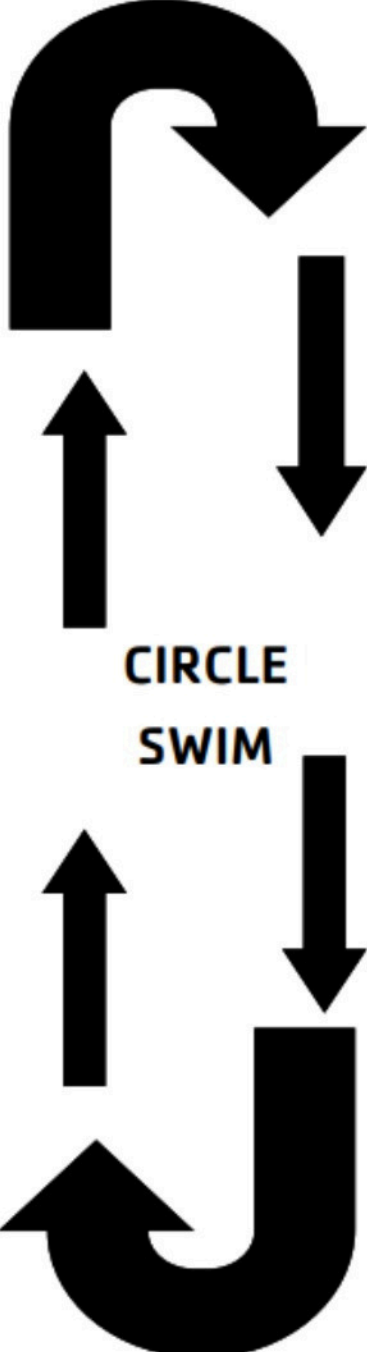
September 8 - October 12  
October 13 - November 16

#### Swim Team

August 25th-April

When the programs are not in session. The pool will be available for Rec/Open Swim/Water Walking and Lap swimming.

# LAP SWIMMING ETIQUETTE

ONE SWIMMER	TWO SWIMMERS	THREE SWIMMERS
 <p data-bbox="227 945 357 1123"><b>YOUR OWN WAY</b></p>		 <p data-bbox="1242 955 1404 1081"><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 diving, 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.