



Northeast YMCA Pool Schedule

Effective January 5- May

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 WATERFIT COMBO 5:30- 6:15AM	LAP SWIM WATERFIT COMBO 5:30- 6:15AM	LAP SWIM WATERFIT COMBO 5:30- 6:15AM	LAP SWIM	LAP SWIM	CLOSED	
6:00AM							CLOSED
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	
10:00AM	REC/OPEN SWIM 10:00- 11:00AM	REC/OPEN SWIM 10:00- 11:00AM	AQUA ARTHRITIS 11:00-11:30AM	REC/OPEN SWIM 10:00- 11:00AM	REC/OPEN SWIM 10:00- 11:00AM	REC/OPEN SWIM 11:45- 4:30PM	LAP SWIM
11:00AM		REC/OPEN SWIM 10:00- 1:00PM					LAP SWIM
12:00PM	REC/OPEN SWIM 12:00- 1:00PM	LAP SWIM	LAP SWIM	REC/OPEN SWIM 12:00- 1:00PM	LAP SWIM	REC/OPEN SWIM 12:00- 1:00PM	REC/OPEN SWIM 12:00- 2:00PM
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
2:00PM	REC/OPEN SWIM 2:00- 3:30PM	LAP SWIM	REC/OPEN SWIM 2:00- 3:30PM	LAP SWIM	REC/OPEN SWIM 2:00- 3:30PM	LAP SWIM	SWIM LESSONS 2:00- 3:00PM
3:00PM		LAP SWIM					WATERFIT COMBO 3:30- 4:15PM
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		WATERFIT COMBO 5:30- 6:15PM		WATERFIT COMBO 5:30- 8:15PM		POOL CLOSES AT 5:30PM SATURDAY AND SUNDAY
6:00PM	REC/OPEN SWIM 6:15 - 8:15PM	LAP SWIM	REC/OPEN SWIM 6:15 - 8:15PM	LAP SWIM	LAP SWIM		
7:00PM		SWIM TEAM 6:45- 8:15PM		SWIM TEAM 6:45- 8:15PM			
8:00PM							

POOL CLOSES AT 8:30PM MONDAY-FRIDAY

THINGS TO KNOW

Swana 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

January 6-26 - Mini Session Tues & Thurs for 3 weeks
 January 27-March 9 - Regular Session
 March 17-April 27 - Regular Session

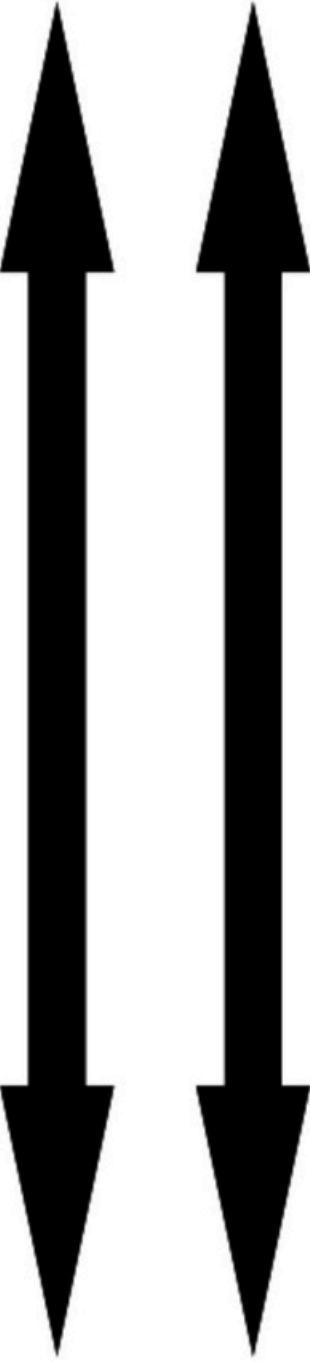
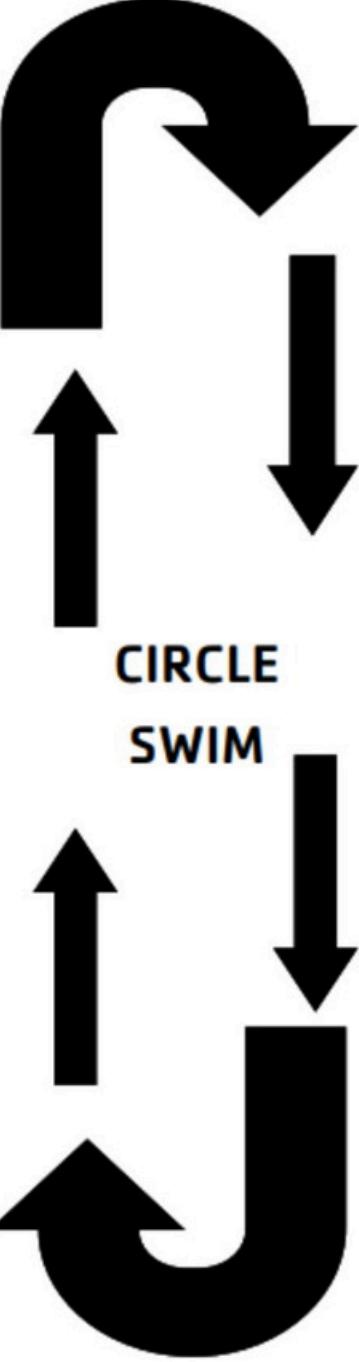
Lifeguard Class Date's (Utilize half of the pool)

Friday's 6pm-9pm, Saturday's 8am-6:30pm, & Sunday 8am-2pm.

January 9, 10, & 11/ March 27, 28 &29/ April 10, 11, & 12
 April 24, 25, & 26/ May 8, 9, & 10/ May 15, 16, & 17

Lifeguard Recertification(Utilize half of the pool) Sat 12-6
 February 28, April 18, May 2nd and 30th

LAP SWIMMING ETIQUETTE

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