



We build strong kids, strong families, strong communities.

## POOL SCHEDULE

OPEN AND LAP SWIM TIMES							
Updated March 26, 2010							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30-6:30 am	6:00-9:00 am	5:30-6:30 am	6:00-9:00 am	5:30-6:30 am	8:00-4:30PM		
7:15-8:00 am	11:00-12:15 pm	7:15-8:00 am	11:00-2:00 pm	7:15-8:00 am			
	12:45 pm -2:00 pm						
11:00-1:00 pm	3:30-6:30 pm	11:00-1:00 pm	3:30-5:15 pm	11:00-1:00 pm			1:00-3:30PM
1:00-2:00 PM 1/2 Pool Desinated for Physical Thearpy.		1:00-2:00 PM 1/2 Pool Desinated for Physical Thearpy.		1:00-2:00 PM 1/2 Pool Desinated for Physical Thearpy.			
3:30-5:30 pm	7:30-8:30 pm	3:30-5:30 pm	7:30-8:30 pm	3:30-6:30 pm			
7:00-8:30 pm		7:00-8:30 pm					
Please check the Group Exercise Flyer for information and times for our Water Fitness Classes							

## Swimming Pool Rules

- ❖ Swimmers must shower before entering the pool
- ❖ No street shoes allowed in pool area
- ❖ No running or horse play allowed
- ❖ No food or drinks allowed in the pool area (water is allowed)
- ❖ No Diving
- ❖ Inflatable Floatation aids are not allowed. The YMCA has Bubbles
- ❖ Children 7 years old and under must be accompanied by an adult
- ❖ Swimmers who are sick or have open wounds or sores are asked not to use the pool
- ❖ The Lifeguard is in complete control of the Pool



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