

## MacColl YMCA Aquatics Schedule – 6 Lane Lap Pool

### Spring effective 4/16-6/9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-9am Lap Swim (6)	530am-9:30am Lap Swim(6)	530am-10am Lap Swim(6)	530am-9am Lap Swim(6)	530am-9am Lap Swim(6)	530am-9am Lap Swim(6)	7am-8am Lap Swim (6)
9:00-5:30pm Lap Swim (3) Open swim (3)	9:30-10:15am- water ex (3) Lap Swim (3)	10:10:45am Water works (3) Lap Swim (3)	9am-12pm Swim Lesson (1) Lap Swim (2) Water Aero (3)	9am-12pm Swim Lesson (1) Lap Swim (2)	9am-12pm Lap Swim (3) Water Aero (3)	8am-8:45am Lap Swim (4) Swim Lesson (2)  Lap swim ends at 8:45am
	10:15-11:00am AQUA FIT(3) Lap Swim (2)	10:45-11:15a Strth & Strch(3) Lap swim (3)	1030am-11:15am AQUA FIT(3) Lap Swim (2)	10a-1045a Water Works 10:45-11:15a R& R	1030am-11:15am AQUA FIT(3) Lap Swim (2)	9am-12:15pm Swim Lessons ONLY (6)
12pm-530pm Birthday(3) *shared with open swim Lap Swim (3)	11:00-2:30PM Open Swim (3) Lap Swim (3)	12pm-230pm Open Swim (3) Lap Swim (3)	12pm-230pm Open Swim (3) Lap Swim (3)	12pm-230pm Open Swim (3) Lap Swim (3)	12pm-230pm Open Swim (3) Lap Swim (3)	12:30-1:30pm Swim lesson (2) Lap swim (2) Open swim (2)
530pm Pool Closed	230pm-4pm Lap Swim (4) Open swim (2)	230pm-4pm Lap swim (4) Open swim (2)	230pm-4pm Lap swim (4) Open swim (2)	230pm-4pm Lap swim (4) Open swim (2)	230pm-4pm Lap swim (4) Open Swim (2)	1:30pm-530pm Open Swim(3) Lap Swim (3)
	4:00-600pm Swim Lessons(4) Lap Swim (2)	4:00-600pm Swim Lessons(4) Lap swim (2)	4:00-6:00pm Swim lessons(4) Lap Swim (2)	4:00-6:00pm Lap Swim (4 ) Open swim (2)	4:00-6:00pm Lap Swim (4) Open swim (2)	1:30-5:30pm* Birthday (2)shared w open lanes
	6:00-6:30pm Swim lessons(2) Swim team (4)	6:00-6:30pm Swim lessons(2) Swim team (4)	6:00-6:30pm Swim lessons(2) Swim team (4)	6:00-6:30pm Lap swim (2) Swim team (4)	4pm-6pm Lap Swim (3) Open / Rental (3)	5:30pm Pool Closed
	6:35-7:35pm Water ex (2) Swim team (4)	6:35-7:35pm Swim team (4) Water ex (2)	6:35-7:35pm Swim team (4) Water ex (2)	6:35-7:35pm Swim team (4) Water ex (2)	6pm-8:15pm Lap swim (4) Open swim (2)	
	7:35-8:15pm Swim team(4) Lap swim (2)	7:35-8:00pm Swim team (4) Lap swim (2)	7:35-8:00pm Swim team (4) Lap swim (2)	7:35-8:15pm Swim team (4) Lap swim (2)	8:15-9:00pm Lap swim (6)	
	815pm-9pm Lap swim (6)	815pm-9pm Lap swim (6)	8:00pm-9pm Lap swim (6)	815pm-9pm Lap Swim (6)		
5:30 Pool Closed	9pm Pool Closed	9pm Pool Closed	9pm Pool Closed	9pm Pool Closed	9pm Pool Closed	5:30pm Pool closed

# MacColl YMCA Aquatics Schedule – Activity Pool

## Schedule effective 4/16- 6/9

### Spring session

Monday	Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>530am-6am Open Swim</b>	<b>7am-845am H2O Workouts</b>	<b>530am-6am Open Swim</b>	<b>530am-6am Open Swim</b>	<b>530am-6am Open Swim</b>	<b>530am-6am Open Swim</b>	<b>7am-8am H2O Workouts</b>
<b>6am-9am H2O Workouts</b>	<b>9am-10am Open Swim</b>	<b>6am-9am H2O Workouts</b>	<b>6am-9am H2O Workouts</b>	<b>6am-9am H2O Workouts</b>	<b>6am-9am H2O Workouts</b>	<b>845am-9am Open Swim</b>
<b>9am-10am Open Swim</b>	<b>10am-530pm Family Play Combined w bday parties</b>	<b>9am-10am Swim Lesson</b>	<b>9am-10am Open Swim</b>	<b>9am-10am Swim Lesson</b>	<b>9am-10am Open Swim</b>	<b>9am-12:15pm CLOSED / SL</b>
<b>1030a-11:15a Water Works</b>	<b>530pm Pool Closed</b>	<b>10a-1045a Water Works 10:45a-11:15a Strength &amp; Stretch</b>	<b>10:30a-11:15a Water Works</b>	<b>1045a-11:15a Rest &amp; Reju</b>	<b>10a-11:15a Water works</b>	<b>12:30pm- 530pm Family Play Combined with bday parties</b>
<b>11:15a-2:30p Family Play (no slide)</b>		<b>11:15a-2:30p Family Play (no slide)</b>	<b>11:15a-2:30p Family Play (no slide)</b>	<b>11:15a-2:30pm Family Play (no slide)</b>	<b>11:15a-2:30pm Family Play (no slide)</b>	<b>530pm Pool Closed</b>
<b>2:30pm-3:30p Open Swim</b>		<b>2:30pm-3:30p Open Swim</b>	<b>2:30pm-3:30p Open Swim</b>	<b>2:30pm-3:30p Open Swim</b>	<b>2:30-8:30pm Family Play</b>	
<b>330pm- 6:00pm Family Play</b>		<b>330pm-600pm Family Play</b>	<b>330pm-600pm Family Play</b>	<b>330pm-630pm Family Play</b>	<b>8:30-9:00pm Open swim</b>	
<b>630pm-730pm Open Swim</b>		<b>630pm-730pm Open Swim</b>	<b>630pm-730pm Open Swim</b>	<b>630pm-730pm Open Swim</b>		
<b>730pm-830pm Family Play</b>		<b>730pm-830pm Family Play</b>	<b>730pm-830pm Family Play</b>	<b>730pm-830pm Family Play</b>		
<b>830pm-9pm Open Swim</b>		<b>830pm-9pm Open Swim</b>	<b>830pm-9pm Open Swim</b>	<b>830pm-9pm Open Swim</b>	<b>Open Swim</b>	

#### YMCA Family Activity Pool Rules

1. The Lifeguard is in charge of the pool and aquatic area at all times.
2. Children under the age of 12 must have a guardian on the pool deck.
3. Any swimmer may be asked to complete a standard swim test at any time
4. There is no running, breath holding games, rough play
5. NO hanging on lane lines, jumping off starting blocks or hanging on buoy ropes.
6. Use the locker rooms for all changing and personal item storage.
7. Only lifeguard approved floatation devices allowed. No water wings or tubes allowed.
9. ANY swimmer under 5 or wearing a flotation device must be accompanied by adult in the pool with in arms reach at all times.

#### YMCA Activity Pool Slide Quick Reference Guide

The slide is available for swimmers who are capable swimmers who have passed a swim test regardless of height.

Failure to follow slide rules will result in removal from the pool.

**OBEY ALL SLIDE RULES & LIFEGUARD REQUESTS**