

MacColl YMCA Aquatics Schedule – 6 Lane Lap Pool
Fall 1 & 2 Session 9.5.17 – 11.18.17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-9am Lap Swim (6)	530am-9am Lap Swim(6) 6am-7am Water Walking	530am-9am Lap Swim(6) 6am-7am Water Walking	530am-9am Lap Swim(6) 6am-7am Water Walking	530am-9am Lap Swim(6) 6am-7am Water Walking	530am-9am Lap Swim(6) 6am-7am Water Walking	7am-8am Lap Swim (6)
9am-12pm Private swim Lessons(2) Lap Swim (4)	9am-12pm Swim Lesson (1) Lap Swim (2) Water Aero (3)	9am-12pm Swim Lesson (1) Lap Swim (2)	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-9am Lap Swim (4) Swim Lesson (2)
12pm-530pm Open Swim(3) Lap Swim (3)	1030am-1130am AQUA FIT(3) Lap Swim (2)	10a-1045a Water Works 10:45-11:15a Strth & Strch	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-12pm Swim Lessons ONLY (6)
12pm-530pm Birthday(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)	12pm-230pm Open Swim (3) Lap Swim (3)	NO LAP SWIM NO OPEN SWIM
530pm Pool Closed	230pm-4pm Lap Swim (3) Seasonal Lap	230pm-4pm Lap Swim (3) Seasonal Lap	230pm-4pm Lap Swim (3) Seasonal Lap	230pm-4pm Lap Swim (3) Seasonal Lap	230pm-4pm Lap Swim (3) Seasonal Lap	12pm-530pm Open Swim(3) Lap Swim (3)
	330pm-630pm Swim Lessons(2)	330pm-630pm Swim Lessons(2)	330pm-630pm Swim Lessons(2)	330pm-630pm Swim Lessons(2)	330pm-630pm Swim Lessons 2	12pm-530pm Birthday (3)
	4pm-6pm Lap Swim (3)	4pm-6pm Lap Swim (3)	4pm-630pm Lap Swim (3)	4pm-6pm Lap Swim (3)	4pm-6pm Lap Swim (3) Open / Rental (3)	530pm Pool Closed
	6pm-8pm SwimTeam (4)	6pm-8pm SwimTeam (4)	6pm-8pm SwimTeam (4)	6pm-8pm SwimTeam (4)	6pm-8pm SwimTeam (4)	
	630pm-730pm W. Aerobics (2)	630pm-730pm W. Aerobics (2)	630pm-730pm W. Aerobics (2)	630pm-730pm W. Aerobics (2)		
	815pm-9pm Open(3)	815pm-9pm Open(3)	8pm-9pm Open(3)	815pm-9pm Open(3)	815pm-9pm Open(3)	
	815pm-9pm Lap Swim(3)	815pm-9pm Lap Swim(3)	8pm-9pm Lap Swim(3)	815pm-9pm Lap Swim(3)	815pm-9pm Lap Swim(3)	
	9pm Pool Closed	9pm Pool Closed	9pm Pool Closed	9pm Pool Closed	9pm Pool Closed	

ATTENTION - LAP SWIMMERS

Lap Swim will be held to its scheduled times and strictly enforced.

Lap Swimmers are encouraged to be aware of the posted schedule.

Set Lanes may be used for swim lessons per the LP schedule.

All swim times are subject to change in order to support Y programming.

SUN	MON	TUE	WED	THUR	FRI	SAT
7am-9am 6 Lanes	530am-9am 6 Lanes	530am-9am 6 Lanes	530am-9am 6 Lanes	530am-9am 6 Lanes	530am-9am 6 Lanes	7am-8am 6 Lanes
9am-530pm 3 Lanes	9am-12pm 2 lanes	9am-12pm 2 lanes	9am-12pm 2 lanes	9am-12pm 2 lanes	9am-12pm 2 lanes	8am-845am 4 Lanes
530pm POOL CLOSED	12pm-230pm 3 Lanes	12pm-230pm 3 Lanes	12pm-230pm 3 Lanes	12pm-230pm 3 Lanes	12pm-230pm 3 Lanes	NO LAP 9am-12pm NO LAP
	<u>230pm-4pm Seasonal Lap</u> 3 Lanes	<u>230pm-4pm Seasonal Lap</u> 3 Lanes	<u>230pm-4pm Seasonal Lap</u> 3 Lanes	<u>230pm-4pm Seasonal Lap</u> 3 Lanes	<u>230pm-4pm Seasonal Lap</u> 3 Lanes	12pm-530pm 3 Lanes
	4pm-6pm 3 Lanes	4pm-6pm 3 Lanes	4pm-630pm 3 Lanes	4pm-6pm 3 Lanes	4pm-6pm 3 Lanes	530pm POOL CLOSED
	6pm-8pm NO LAP	6pm-8pm NO LAP	6pm-8pm NO LAP	6pm-8pm NO LAP	6pm-8pm NO LAP	
	8:15pm-9pm 4 lanes	8:15pm-9pm 4 lanes	8pm-9pm 4 lanes	8:15pm-9pm 4 lanes	8:15pm-9pm 4 lanes	
	9pm POOL CLOSED	9pm POOL CLOSED	9pm POOL CLOSED	9pm POOL CLOSED	9pm POOL CLOSED	

Seasonal Lap - will be replaced in November with use by the LHS Lions Swim Team and will be unavailable for lap swimmers once the season begins. Meet times will be announced in order to keep lap swimmers informed of the LHS schedule and any pool time within this time period that becomes available due to away meets or changes in practice.

The MacColl Black Marlins - will have use of the 6pm-8pm lap time for practice beginning in September through February.\

THE LAP POOL SCHEDULE HAS BEEN REVISED AS OF 9.5.17

MacColl YMCA Aquatics Schedule – 6 Activity Pool

Fall 1 & 2 Session 9.5.17 – 11.18.17

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

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 8 must be accompanied by an adult at all times.
3. Placed Swimmers Over the age of 8 must be signed in /out of the pool.
4. Any swimmer may be asked to complete a standard swim test at any time
5. There is no running, breath holding games, rough play or wall jumping.
6. No Diving, hanging on lane lines, starting blocks or buoy ropes.
7. Use the locker rooms for all changing and personal item storage.
8. The YMCA does not provide Flotation Devices.
9. ANY swimmer wearing a flotation device must be accompanied by adult into the pool or remain on the side of the pool within arm's length and may not enter the deep end portion of the pool or use the slide.

YMCA Activity Pool Quick Reference Guide

All classes scheduled in the Activity Pool may be subject to change if demand exceeds availability or if class demand does not meet expectations. Participants in water classes should be capable swimmers in both the shallow & deep water of the pool.

The play area will be closed while the AP is closed for classes.

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.

OBEDIENCE TO ALL SLIDE RULES & LIFEGUARD REQUEST

Gymnasium Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-8am OPEN GYM	530am-930am OPEN GYM	530am-10am OPEN GYM	530am-630am OPEN GYM	530am-10am OPEN GYM	530am-930am OPEN GYM	7am-9am OPEN GYM
(A,B)	(A,B)	(A,B)	(A,B)	(A,B)	(A,B)	(A,B)
8am-3pm Men's League (A,B)	930am-1030am Boot Camp (A)	10am-11am OPEN GYM (A,B)	630am-730am OPEN GYM (A,B)	10am-11am OPEN GYM (A,B)	930am-1030am Boot Camp (A) OPEN GYM (B)	8am-12pm Youth Sports League (IN)
3pm-530pm OPEN GYM (A) 10ft Hoops	10am-1045am PW.PE use (B)	11am-12pm Open (A,B)	730m-11am OPEN GYM (A) OPEN GYM (B)	11am-12pm Open (A,B)	1030am-12pm OPEN GYM(A,B))	12pm-530pm OPEN GYM (A)
3pm-530pm Birthday (IN - B) 10, 8 & 5ft Hoops	11am-2pm OPEN GYM (A) PVT (B)	12pm-2pm OPEN GYM (A) PVT (B)	11am-12pm Open (A,B)	12pm-2pm OPEN GYM (A) PVT (B)	12pm-2pm OPEN GYM (A) PVT (B)	12pm-530pm Birthday (IN - B) OPEN GYM
530pm GYM Closed	2pm-6pm OPEN GYM (A) YCC ONLY (B)	2pm-6pm OPEN GYM (A) YCC ONLY (B)	12pm-2pm OPEN GYM (A) PVT (B)	2pm-6pm OPEN GYM (A) YCC ONLY (B)	2pm-530pm OPEN GYM (A) YCC ONLY (B)	530pm GYM Closed
	6pm-8pm OPEN GYM (A,B)	6pm-7pm OPEN GYM (A,B)	2pm-6pm OPEN RUN (A) YCC ONLY (B)	6pm-9pm OPEN GYM (A)	530pm-730pm OPEN GYM (A) Birthday (IN-B)	
	8pm-9pm OPEN GYM (A,B)	7pm-10pm Men's League Full Court	630pm-8pm Basketball Skills (A,B)	630pm-730pm Fit Kids (B)	730-9pm OPEN GYM (A) TEEN Night (B)	
	9pm GYM CLOSED	9pm GYM CLOSED	9pm GYM CLOSED	9pm GYM CLOSED	9pm GYM CLOSED	
(IN) = If Needed	Court A = Near Court	Court B = Far Court	YCC- Y Child Care	BB30+ BB30 yrs + up	PVT – Private use	TN – Teen Night YPGM–Yprogram

YMCA Gymnasium Rules

1. The GYM is open for use based on the above schedule. Y Programming or a Y special event (IE: Birthday Party) can take precedent over the gym schedule if the space is required to hold or facilitate the YMCA event.
2. All children under the age of **13** must be accompanied by an adult. The GYM is not a drop off location for children under the age of 13. Older child watch is available for supervision and located across from the gymnasium.
3. NO FOOD in the GYM. Please use the tables outside the gym for eating. Players and spectators may have drinks. Please dispose of your trash.
4. Anyone who knowingly allows a member or guest into the building from an exit only or emergency entry will be removed from the YMCA facility.
5. All players are expected to have appropriate and controlled language and behavior. Failure to follow these rules may result in the loss of membership.

YMCA Gymnasium Quick Rules Guide

- All YMCA classes that are scheduled in the GYM may be subject to change if demand exceeds or does not meet expectations.
- Birthday parties that have scheduled use time will have complete use of the ½ gym during their intended or scheduled time period.
- Participants in classes are expected to exit the GYM after their class has completed. Members may remain in the gym for use.
- The YMCA will not provide any equipment, space, seating or use of the GYM for private or group coaching or instructional use.
- Sportsmanship, fair play, class and mutual respect of one another are expectations of the Y, its members and all guests.

Rock Wall Schedule

ATTENTION – Rock Wall Climbers

The Rock Wall may close early if there are an insufficient number of climbers.

SUN	MON	TUE	WED	THUR	FRI	SAT
7am-930am CLOSED	7am-11am CLOSED	11am-12pm OPEN Climb	7am-11am CLOSED	11am-12pm OPEN Climb	7am-11am CLOSED	7am-930am CLOSED
930am-12pm Family Climb	11am-3pm R,S,V	12pm-3PM R,S,V	11am-3pm R,S,V	12pm-3PM R,S,V	11am-3pm R,S,V	930am-12pm Family Climb
12pm-130pm Birthday (IN)	3pm-5pm OPEN Climb	3pm-430pm OPEN Climb	3pm-5pm OPEN Climb	3pm-430pm OPEN Climb	3pm-530pm Open Climb	12pm-130pm Birthday (IN)
130pm-230pm Family Climb	5pm-7pm Family Climb	430PM-6PM Family Climb	5pm-6pm Family Climb	430PM-6PM Family Climb	530-630pm Birthday (IN)	130pm-230pm Family Climb
230pm-430pm Birthday (IN)	7pm-8pm Open Climb	6PM-7PM Orientation / OPEN Climb	6pm-7pm OPEN Climb	6PM-7PM Orientation / OPEN Climb	7PM-8PM Family Climb	230pm-430pm Birthday (IN)
430pm-530pm Open Climb		7pm-8pm OPEN CLIMB	7pm-8pm OPEN Climb	7PM-8PM Open Climb		430pm-530pm Open Climb
530pm CLOSED	8pm CLOSED	8pm CLOSED	8pm CLOSED	8pm CLOSED	8pm CLOSED	530pm CLOSED

Climb times are open for **R**ental, **S**chool or **V**isiting groups during specific times.

All Climbers must be accompanied by a YMCA Staff Member.