

## MacColl YMCA Aquatics Schedule – 6 Lane Lap Pool November 26-December 22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-9am Lap Swim (6)	530am-9am Lap Swim(6)	530am-9am Lap Swim(6)	530am-9am Lap Swim(6)	530am-9am Lap Swim(6)	530am-9am Lap Swim(6)	7am-8:10am Lap Swim (6)
9am-11am Lap Swim (4)	9am-12pm Swim Lesson (2) Lap Swim (1) Water Aero (3)	9am-12pm Lap Swim (3) Water ex (3)	9am-12pm Lap Swim (3) Water Ex (3)	9am-12pm Swim Lesson (2) Lap Swim (1) Water Ex (3)	9am-12pm Lap Swim (3) Water Aero (3)	8:15-8:45am Lap Swim (4) Swim Lesson (2)
11:00-530pm Open Swim(3) Lap Swim (3)	12:00-2:30pm Lap Swim (3) Open 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)	12:00-2:30PM Lap swim (3) Open swim (2)	Please Note at 8:45am lap Swim ends
1pm-530pm Birthday parties shared w Open (3) Lap Swim (3)	2:30-4pm LHS SWIM TEAM (6)	230pm-4pm LHS SWIM TEAM (6)	2:30pm-4pm LHS SWIM TEAM (6)	230pm-4pm LHS SWIM TEAM (6)	2:30-4:00pm LHS swim (6)	9am-12:15pm Swim Lessons ONLY (6)
530pm Pool Closed	4:00-600pm Swim Lessons(3) Lap Swim (2) Open swim (1)	4:00-5:00pm Swim Lessons(3) Lap swim (2) Open lane (1)	4:00-600pm Swim Lessons(3) Lap Swim (2) Open swim (1)	4:00-5:30pm open lanes (3) lap Swim (3)	4:00-6:00pm Lap swim (4) Open (2)	12:30pm-530pm Open Swim(3) Lap Swim (3)
	6-6:30pm Swim Team (4) Swim Lesson (2)	5:00-6:00PM Swim Lessons 3 Swim Team (1) Lap Swim (2)	6:00-6:30pm Swim Team (4) Swim Lesson (2)	5:00-5:45pm Swim Team (1) Lap Swim (3) Open Swim (2)	6:00-8:15pm Swim Team (5) Open swim (1)	1pm-530pm Birthday Parties shared w open (3) Lap swim (3)
	635-7:35pm Swim Team (4) Water Ex (2)	6pm-7:30pm Swim Team (5) Open swim (1)	635-7:35pm Swim Team (4) Water Ex (2)	5:45-8:00pm Swim Team (4) 6:35-7:35pm Water ex (2 )	8:15-9:00PM LAP SWIM (4) Open swim (2)	530pm Pool Closed
	7:30-8:15pm Swim Team (4) Open swim (2) 8:15-9:00pm Lap Swim (6)	7:30-8:30pm Lap Swim (5) Open Swim (1) 8:30-9:00pm Lap Swim (6)	7:35-8:30pm Swim Team (4) Open swim (2) 830pm-9pm Lap Swim (6)	8:30-9:00pm Lap Swim (6)		
	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 1 lane	9am-12pm 3 lanes	9am-12pm 3 lanes	9-10:30am 3 lanes	9am-12pm 2 lanes	8am-845am 4 Lanes
530pm POOL CLOSED	12pm-230pm 3 Lanes	12pm-230pm 3 Lanes	12pm-230pm 3 Lanes	10:30-12:00p 1 lane 12-2:30pm 3 lanes	12pm-230pm 3 Lanes	NO LAP 8:45-12:30pm NO LAP
	230pm-4pm <u>NO LAP SWIM</u>	230pm-4pm <u>NO LAP SWIM</u>	230pm-4pm <u>NO LAP SWIM</u>	230pm-4pm <u>NO LAP SWIM</u>	230pm-4pm <u>NO LAP SWIM</u>	12:30pm- 530pm 3 Lanes
	4pm-5:45pm 2 Lanes	4pm-5:45pm 1 Lanes	4pm-5:45pm 2 Lanes	4pm-5:45pm 2 Lanes 5:00-6pm 1 lane	4pm-5:45pm 3 Lanes	530pm POOL CLOSED
	6pm-8pm NO LAP	6pm-7:30pm NO LAP	6pm-8pm NO LAP	6pm-8pm NO LAP	6pm-8pm NO LAP	
	8:15pm-9pm 6 lanes	7:35-8:30pm 3 lanes	8:00-9pm 6 lanes	8:00-9pm 6 lanes	8:00pm-9pm 6 lanes	
	9pm POOL CLOSED	8:30-9pm 6 lanes	9pm POOL CLOSED	9pm POOL CLOSED	9pm POOL CLOSED	

LHS SWIM MEETS: 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 11/26**

# MacColl YMCA Aquatics Schedule – Activity Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7am-11am Open swim</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>530am-6am Open Swim</b>	<b>7am-8am Open swim</b>
<b>11-5:30pm Family Play</b>	<b>9am-10:30am Swim lessons Open Swim</b>	<b>6:00-10:00am Open swim</b>	<b>9am-10am Swim lessons Open swim</b>	<b>9am-10:30am Swim Lesson Open swim</b>	<b>9am-10am Open Swim</b>	<b>9am-12pm CLOSED / SL</b>
<b>530pm Pool Closed</b>	<b>1030a-11:15a Water Works</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>12pm-530pm Family Play</b>
	<b>11:15a-2:30p Family Play</b>	<b>11:15a-2:30p Family Play</b>	<b>11:15a-2:30p Family Play</b>	<b>11:15a-2:30pm Family Play</b>	<b>11:15a-2:30pm Family Play</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>2:30pm-3:30p Open Swim</b>	
	<b>330pm-6:00p Family Play</b>	<b>330pm-630pm Family Play</b>	<b>330pm-630pm Family Play</b>	<b>330pm-630pm Family Play</b>	<b>330pm-630pm Family Play</b>	
	<b>630pm-730pm Open Swim</b>	<b>630pm-730pm Family Play</b>	<b>630pm-730pm Open Swim</b>	<b>630pm-730pm Family Play</b>	<b>630pm-730pm Family Play</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>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>830pm-9pm Open Swim</b>	
	<b>9pm Pool Closed</b>	<b>9pm Pool Closed</b>	<b>9pm Pool Closed</b>	<b>9pm Pool Closed</b>	<b>9pm Pool Closed</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 5 and all non swimmers must be accompanied by an adult at all times.
3. Children 12 and under must have a parent or guardian over 18 with in the pool area at all times.
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 an adult or guardian over 18 in 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**