

# 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
	545pm-8pm NO LAP	6pm-7:30pm NO LAP	545pm-8pm NO LAP	545pm-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 545pm-8pm lap time for practice beginning in September through February.\

**THE LAP POOL SCHEDULE HAS BEEN REVISED AS OF 12/22/18**

## MacColl YMCA Aquatics Schedule – Activity Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-11am Open swim	530am-6am Open Swim	530am-6am Open Swim	530am-6am Open Swim	530am-6am Open Swim	530am-6am Open Swim	7am-8am Open swim
11-5:30pm Family Play	9am-10:30am Swim lessons Open Swim	6:00-10:00am Open swim	9am-10am Swim lessons Open swim	9am-10:30am Swim Lesson Open swim	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	11:15a-2:30p Family Play	11:15a-2:30p Family Play	11:15a-2:30pm Family Play	11:15a-2:30pm Family Play	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-6:00p Family Play	330pm-630pm Family Play	330pm-630pm Family Play	330pm-630pm Family Play	330pm-630pm Family Play	
	630pm-730pm Open Swim	630pm-730pm Family Play	630pm-730pm Open Swim	630pm-730pm Family Play	630pm-730pm Family Play	
	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 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.

**OBEY ALL SLIDE RULES & LIFEGUARD REQUEST**