










MacColl YMCA Aquatics Schedule – 6 Lane Lap Pool Starting 11/1/21-11/28/21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-10:00am Lap Lanes (6)	530am-11am Lap Lanes (6)	530am-11am Lap Lanes (6)	530am-11am Lap Lanes (6)	530am-11am Lap Lanes (6)	530am-11am Lap Lanes (6)	7:00am-8:00am Lap Lanes (6) 8:00am
10:00am-12:00pm Lap Lanes (4) Open Swim (2)	11am-1230pm Water Aerobics (6)	11am-2pm Lap Lanes (5)	11am-1230pm Water Aerobics (6)	11am-2pm Lap Lanes (5)	11pm-2pm Lap Lanes (6)	8:00am-8:45am Lap Lanes (4) Swim Lessons (2)
12:00pm-2:30p Lap Lanes (3) Open Swim (3)	12:30pm-2:00pm Lap Lanes (6)		12:30pm-2:00pm Lap Lanes (6)			8:45am-12:30pm Swim Lessons (6)
	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	12:30pm-2:30pm Lap Lanes (3) Open Swim (3)
	3:00pm-4:00pm Lap Lanes (4) Swim Lessons (2)	3:00pm-4:00pm Lap Lanes (4) Swim Lessons (2)	3:00pm-4:00pm Lap Lanes (4) Swim Lessons (2)	3:00pm-4:00pm Lap Lanes (4) Swim Lessons (2)	3:00pm-5:00pm Lap Lanes (6)	
	4:00pm-5:00pm Lap Lanes (4) Swim Lessons (2)	4:00pm-5:00pm Lap Lanes (4) Swim Lessons (2)	4:00pm-5:00pm Lap Lanes (4) Swim Lessons (2)	4:00pm-5:00pm Lap Lanes (4) Swim Lessons (2)		
	5:00pm-6:00pm Lap Lanes (2) Swim Lessons (2) Swim Team (2)	5:00pm-6:00pm Lap Lanes (2) Swim Team (2) Swim Lessons (2)	5:00pm-6:00pm Lap Lanes (2) Swim Lessons (2) Swim Team (2)	5:00pm-6:00pm Lap Lanes (2) Swim Team (2) Swim Lessons (2)	5:00pm-6:00pm Lap Lanes (4) Swim Team (2)	
	6:00pm-7:00pm Swim Team (4) Lap Lanes (2)	6:00pm-7:00pm Water Aerobics (3) Swim Team (3)	6:00pm-7:00pm Swim Team (4) Lap Lanes (2)	6:00pm-7:00pm Water Aerobics (3) Swim Team (3)	6:00pm-7:00pm Swim Team (4) Lap Lanes (2)	
	7:00pm-8:30pm Swim Team(6)	7:00pm-8:30pm Swim Team (6)	7:00pm-8:30pm Swim Team (6)	7:00pm-8:30pm Swim Team (6)	7:00pm-8:30pm Swim Team (6)	

Activity Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a-10:00am Open Swim	5:30am-12:00pm Open Swim	5:30am-11:00 am Open Swim	5:30am-12:00pm Open Swim	5:30am-11:00am Open Swim	5:00am-10:00am Open Swim	7:00am-8:45am Open Swim
		10:00am-10:45am Water Aerobics w/Selena			10:00am-11:00am Water Aerobics w/Selena	
10:00am-11:00am Water Aerobics w/Selena	12:00pm-2:00pm Open Swim	11:00am-3:00pm Elite Physical Therapy Only	12:00pm-2:00pm Open Swim	11:00am-3:00pm Elite Physical Therapy Only	11:00am-2:00pm Open Swim	8:45am-12:30pm Swim Lessons ONLY
11:00a-2:30pm  Family Play	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	2:00pm-3:00pm Pool Closed	12:30pm-2:30pm  Family Play
	3:00pm-4:00pm Open Swim	3:00pm-4:00pm Open Swim	3:00pm-4:00pm Open Swim	3:00pm-4:00pm Open Swim	3:00pm-4:00pm Open Swim	
	4:00pm-6:00pm  Family Play	4:00pm-6:pm  Family Play	4:00pm-6:00pm  Family Play	4:00pm-6:00pm  Family Play	4:00pm-8:00pm  Family Play	
	6:00 pm-8:30pm Pool Closed Swim Lessons Only	6:00pm-8:30pm Open Swim	6:00pm-8:30pm Open Swim	6:00pm-8:30pm Open Swim	6:00pm-8:30pm Open Swim	

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 be accompanied by an adult 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 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**

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.

OBHEY ALL SLIDE RULES & LIFEGUARD REQUEST