



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ADULT LAP</b> 6a – 9a	<b>ADULT LAP</b> 6a – 9a	<b>ADULT LAP</b> 6a – 9a	<b>ADULT LAP</b> 6a – 9a	<b>ADULT LAP</b> 6a – 9a	<b>ADULT LESSONS/LAP</b> 8a – 9a	
<b>BACK CLASS</b> 9a – 10a	<b>WATER AEROBICS</b> 9a – 10a	<b>BACK CLASS</b> 9a – 10a	<b>WATER AEROBICS</b> 9a – 10a		<b>SWIM BASICS</b> Ages 3 - 5 9a – 9:45a	
	<b>OPEN SWIM</b> 10a – 10:30a	<b>PARENT/CHILD</b> 10a – 10:45a	<b>OPEN SWIM</b> 10a – 10:30a		<b>PARENT/CHILD SWIM BASICS</b> Ages 6 - 14 9:45a – 10:30a	
<b>SUMMER LEARN TO SWIM</b> 11a – 11:45a	<b>SUMMER LEARN TO SWIM</b> 11a – 11:45a	<b>SUMMER LEARN TO SWIM</b> 11a – 11:45a	<b>SUMMER LEARN TO SWIM</b> 11a – 11:45a	<b>SUMMER LEARN TO SWIM</b> 11a – 11:45a	<b>SWIM STROKES</b> 10:30a – 11:15a	
<b>ADULT LAP</b> 12p – 1p	<b>ADULT LAP</b> 12p – 1p	<b>ADULT LAP</b> 12p – 1p	<b>ADULT LAP</b> 12p – 1p	<b>ADULT LAP</b> 12p – 1p	<b>LAP SWIM</b> 11:15a – 12:30p	
<b>ARTHRIS</b> 1p – 2p	<b>SWIM BASICS</b> Ages 3 - 5 1p – 1:45p	<b>ARTHRIS</b> 1p – 1:45p	<b>SILVER SPLASH</b> 1p – 1:45p	<b>LCARC</b> 1:30p – 2:30p	<b>FAMILY SWIM</b> 12:30p – 2p	<b>LAP SWIM</b> 1:30p – 3p
<b>SILVER SPLASH</b> 2p – 3p	<b>SUMMER CAMP</b> 1:45p – 3:15p	<b>SUMMER CAMP</b> 1:45p – 3:15p	<b>SUMMER CAMP</b> 1:45p – 3:15p			<b>FAMILY SWIM</b> 3p – 4:30p
<b>LAP SWIM</b> 3:15p – 4:30p	<b>LAP SWIM</b> 3:15p – 5p	<b>LAP SWIM</b> 3:15p – 4:30p	<b>LAP SWIM</b> 3:15p – 4:30p	<b>LAP SWIM</b> 3:15p – 4:30p		
<b>7<sup>th</sup> GRADE</b> 3:15p – 4:30p	<b>7<sup>th</sup> GRADE</b> 3:15p – 4:30p	<b>7<sup>th</sup> GRADE</b> 3:15p – 4:30p	<b>7<sup>th</sup> GRADE</b> 3:15p – 4:30p	<b>7<sup>th</sup> GRADE</b> 3:15p – 4:30p		
<b>FAMILY SWIM</b> 4p – 4:30p	<b>FAMILY SWIM</b> 4p – 5p	<b>FAMILY SWIM</b> 4p – 4:30p	<b>FAMILY SWIM</b> 4p – 4:30p	<b>FAMILY SWIM</b> 4p – 4:30p		
<b>SWIM STROKES</b> 4:30p – 5:15p		<b>SWIM STROKES</b> 4:30p – 5:15p	<b>SWIM BASICS</b> Ages 3 - 5 4:30p – 5:15p	<b>LAP/FAMILY SWIM</b> 4:30p – 8p		
<b>LAP/FAMILY SWIM</b> <b>SWIM BASICS</b> Ages 6 - 14 5:15p – 6p	<b>MASTERS SWIM TEAM</b> 5p – 6p	<b>LAP/FAMILY SWIM</b> <b>SWIM BASICS</b> Ages 6 - 14 5:15p – 6p	<b>LAP/FAMILY SWIM</b> 5:15p – 6p			
<b>SUMMER SWIM TEAM</b> 6p – 7p	<b>FAMILY SWIM</b> 6p – 8p	<b>SUMMER SWIM TEAM</b> 6p – 7p	<b>FAMILY SWIM</b> 6p – 8p	<b>BIRTHDAY PARTIES</b> 6p – 7p		
<b>WATER AEROBICS</b> 7p – 8p		<b>WATER AEROBICS</b> 7p – 8p				
<b>ADULT SWIM</b> 8p – 8:30p		<b>ADULT SWIM</b> 8p – 8:30p				

Effective June 12, 2017 – See reverse for Pool Rules

# POOL RULES

**REMEMBER, POOL RULES ARE FOR YOUR SAFETY AND ENJOYMENT. PLEASE OBEY ALL RULES.**

1. Please shower before entering pool.
2. Lifeguard on duty is in complete charge of the pool area.
3. All swimmers must enter the pool through the locker rooms.
4. Only swimmers wearing approved bathing suits will be permitted to swim. (No cut offs or street clothes.)
5. Walk at all times when in the pool area.
6. All individuals with their hair below their neck must wear a bathing cap or have it tied back. (No hairpins please).
7. Jewelry must be removed before entering the swimming pool. The YMCA is not responsible for lost or damaged items.
8. Those who wish to swim in the deep end of the pool must be able to jump in the deep, swim 40 feet and tread water for one minute. Patrons who require a PFD must remain in the shallow area.
9. Diving is permitted from the deep end wall only. Jumping is permitted from the deep and shallow end walls only. Absolutely no jumping or diving from the side walls.
10. Only Coast Guard and YMCA approved floatation devices are permitted in the pool. Toys from home are not permitted in the pool.
11. During family swims, parents/guardians of children (14 and under) must be present in the Y. Children ages 6 and under must be accompanied by a parent/guardian in the pool at all times.
12. Open Lap Swim is open to members age 10+. A parent/guardian must be present in the Y if swimmers are under age 14. Anyone not swimming laps for open lap time will be asked to leave the pool area.
13. Please keep hands and body off lane lines.
14. Fighting, dunking, wrestling and any other horseplay will result in termination of swimming privileges.

**NEW CASTLE COMMUNITY YMCA**

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