



JERRY LONG FAMILY YMCA - AUGUST 10-31 PROGRAM POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
ACTIVITY LANES	2:35p-4:30p Lanes 3-4	12p-4:30p Lanes 3-4	2:35p-4:30p Lanes 3-4	12p-4:30p Lanes 3-4	12p-8:45p Lanes 3-4	7a-8:30a Lanes 3-4	
	8p-8:45p Lanes 3-4	7:45p-8:45p Lanes 3-4	7:15p-8:45p Lanes 3-4	7:45p-8:45p Lanes 3-4		12p-5:45p Lanes 3-4	3:30p-5:45p Lanes 3-4
ZERO DEPTH	7a-8:45p				7a-7:45p	7a-9a 10:45a-5:45p	12p-5:45p
SLIDES		12p-4:30p		12p-4:30p	12p-7:45p	7a-9a	
	2:35p-4:30p 8p-8:45p	7:45p-8:45p	2:35p-4:30p 7:15p-8:45p	7:45p-8:45p		12p-5:45p	3:30-5:45p
WATER FITNESS		7:15-9a Lanes 1-4		7:15-8a Lanes 1-4			
	10:15a-12p Lanes 1-4	10:15a-11:45a Lanes 1-4	10:15a-12pm Lanes 1-4	10:15a-11:45a Lanes 1-4	10:15a-12pm Lanes 1-4		
	7:15-8p Lanes 1-4						
OPEN SWIM	7-10:15a Lanes 1-4 Deep End	9-10:15a Lanes 1-4 Deep End	7-10:15a Lanes 1-4 Deep End	8-10:15a Lanes 1-4 Deep End	7-10:15a Lanes 1-4 Deep End		
SWIM LESSONS		9-10:05am Lanes 1-2 Shallow		9-10:05am Lanes 1-2 Shallow		9am-10:45a Entire Pool	
						10:45-11:15a Lanes 1-2 Shallow	
						10:45-11:25a Lanes 3-4	
	1-2:05p Lanes 1-2 Shallow		1-2:05p Lanes 1-2 Shallow				1-3:15p Lanes 1-2 Shallow
	1-2:35p Lanes 3-4		1-2:35p Lanes 3-4				1-3:25p Lanes 3-4
	5-6:40p Lanes 1-2 Shallow	5-6:40p Lanes 1-2 Shallow	5-6:40p Lanes 1-2 Shallow	5-6:40p Lanes 1-2 Shallow			
	4:30-6:55p Lanes 3-4	4:30-6:55p Lanes 3-4	4:30-6:55p Lanes 3-4	4:30-6:55p Lanes 3-4			
		7-7:45p Lanes 3-4		7-7:45p Lanes 3-4			

Lifeguards have the final authority in regards to pool policies and usage

Children 8th grade and younger must be swim tested to determine swim level. All elementary age children must have a parent/guardian (18+) on pool deck at all times regardless of swim ability.

IMPORTANT NOTES

Schedule subject to change

Multiple activities are often scheduled at the same time

Lane allocation will adjust depending on participation numbers

Labor Day hours: 8am-3:45pm

SWIM TESTS

Lane 1 is used as needed for swim tests.

TYDE Placements

Friday, August 14th 5:30-7:00pm lanes 5-6

Saturday, August 15th 9:00am-11am lane 6 only

POOL RULES

Lap lanes are for lap swim only

Open swim/Activity lanes are for water exercise or open water activities

Water fitness equipment is for adult use only

SWIM TEST POLICY

Green-anywhere

Yellow-roped off shallow end only

Red-roped off shallow end only and must have an adult within arms reach at all times

Pool Closure 9/10-9/12