



STOKES FAMILY YMCA – SEPTEMBER POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	
LAP SWIM	5:00am-8:45am Lane 3-6						
	8:45-10:30am Lane 4-6	8:45am-10:00am Lane 4-6	8:45-10:30am Lane 3-6	8:45am-10:00am Lane 4-6	8:45-10:30am Lane 4-6	8-9:15am Lanes 3-6	
	10:30-11:15am Lanes 6		10:30am-11:15am Lanes 6		10:30-11:15am Lanes 6	9:15am-12pm Lanes 4-6	
	11:15am-1pm Lanes 3-6	10:00am-12:00pm Lane 6	11:15am-1pm Lanes 3-6	10:00am-12:00pm Lane 6	11:15am-1pm Lanes 3-6	12-4:45pm Lanes 3-6	
	11:15am-1pm Lanes 3-6	12-1pm Lanes 3-6		12-1pm Lanes 3-6			
	1-3pm Lanes 3-6						11:15am-7:45pm Lanes 3-6
	3-4:30pm Lanes 3-6	3-4:30pm Lanes 3-6	3-8:45pm Lanes 3-6	3-4:30pm Lanes 3-6			
	4:30-5:15pm Lanes 3-5	4:30-5:15pm Lanes 3-5		4:30-5:15pm Lanes 3-5			
	5:15-6:15pm Lanes 4&5	5:15-6:15pm Lanes 4&5		5:15-6:15pm Lanes 4&5			
	6:15-7:30pm Lanes 4-6	6:15-7:30pm Lanes 4-6		6:15-7:30pm Lanes 4-6			
	7:30-8:45pm Lanes 3-6	7:30-8:45pm Lanes 3-6	7:30-8:45pm Lanes 3-6				
	WATER FITNESS	10:30-11:15am Lanes 1-4	10am-12pm Lanes 1-4	10:30-11:15am Lanes 1-4	10am-12pm Lanes 1-4		10:30-11:15am Lanes 1-4
		5:30-6:15pm Lanes 1-3 DEEP		5:30pm-6:15pm Lanes 1-3 DEEP			
OPEN SWIM	5:00am-10:30am Lanes 1&2					8-9:15am Lanes 1&2	
	10:30am-11:15am Lane 5	10am-12pm Lane 5	10:30am-11:15am Lane 5	10am-12pm Lane 5	10:30am-11:15am Lane 5		
	11:15-5:15pm Lanes 1&2	12-5:15pm Lanes 1&2	11:15-8:45pm Lanes 1&2	12-5:15pm Lanes 1&2	11:15-7:45pm Lanes 1&2	12-4:45pm Lanes 1&2	
	7:30-8:45pm Lanes 1&2	7:30-8:45pm Lanes 1&2		7:30-8:45pm Lanes 1&2			
SWIM LESSONS	8:45-10:30am Lanes 1-3	8:45-10am Lanes 1-3	8:45-10:30am Lanes 1-3	8:45-10am Lanes 1-3	8:45-10:30am Lanes 1-3	9:15am-12pm Lanes 1-3	
	5:15-7:30pm Lanes 1-3	5:15-7:30pm Lanes 1-3		5:15-7:30pm Lanes 1-3			
TYDE	5:00p-7:00p Lanes 5-6			5:00p-7:00p Lanes 5-6			

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

SWIM LESSONS

Makeup lessons held Wednesdays & Fridays 5:15-7:30pm if canceled M-Th
Summer Camp swims M-Th 1-3pm through August 12

POOL RULES

Lap lanes are for lap swim only
Open swim is for water exercise or open water activities
Water fitness equipment is for adult use only

SWIM TEST POLICY

Green-anywhere
Yellow-shallow end only
Red-shallow end with adult only