



JERRY LONG FAMILY YMCA - SEPTEMBER PROGRAM POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
ACTIVITY LANES						7a-8:30a Lanes 3-4	
	1:45p-4:30p Lanes 3-4	12p-4:30p Lanes 3-4*	1:45p-4:30p Lanes 3-4	12p-4:30p Lanes 3-4*	12p-8:45p Lanes 3-4	12p-5:45p Lanes 3-4	3:30p-5:45p 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			
ZERO DEPTH	7a-8:45p				7a-7:45p	7a-9a 10:45a-5:45p	12p-5:45p
SLIDES						7a-9a	
	2:35p-4:30p	12p-4:30p	2:35p-4:30p	12p-4:30p	12p-7:45p	12p-5:45p	3:30p-5:45p
	8p-8:45p	7:45p-8:45p	7:15p-8:45p	7:45p-8:45p			
WATER FITNESS	8a-8:45a Lanes 1-4	7:15a-9a Lanes 1-4	7:15a-8a Lanes 1-4	7:15a-8a Lanes 1-4	8a-8:45a Lanes 1-4		
	10:15a-12p Lanes 1-4	10:15a-11:45a Lanes 1-4	10:15a-12p Lanes 1-4	10:15a-11:45a Lanes 1-4	10:15a-12p Lanes 1-4		
	7:15p-8p Lanes 1-4						
OPEN SWIM	7a-8a Lanes 1-4				7a-8a Lanes 1-4		
	8:45a-10:15a Lanes 1-4	9a-10:15a Lanes 1-4 Deep End	8a-10:15a Lanes 1-4	8a-10:15a Lanes 1-4 Deep End	8:45a-10:15a Lanes 1-4		
SWIM LESSONS		9a-10:05am Lanes 1-2 Shallow		9a-10:05am Lanes 1-2 Shallow		9am-10:45a Entire Pool	
						10:45a-11:15a Lanes 1-2 Shallow	
						10:45-11:25a Lanes 3-4	
	1p-1:35p Lanes 1-2 Shallow 1p-1:45p Lane 4	*12p-2p Lanes 1-4 Beginning 9/29	1p-1:35p Lanes 1-2 Shallow 1p-1:45p Lane 4				1p-3:15p Lanes 1-2 Shallow 1p-3:25p Lanes 3-4
	5:35-6:05p Lanes 1-2 Shallow 4:30-6:55p Lanes 3-4	5-6:05p Lanes 1-2 Shallow 4:30-6:55p Lanes 3-4	5:35-6:05p Lanes 1-2 Shallow 4:30-6:55p Lanes 3-4	5-6:05p Lanes 1-2 Shallow 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.

*SAFETY AROUND WATER

Tuesdays: 12pm-2pm 9/29-11/24
lessons 11/10)

Shallow/Middle of lanes 1-4

POOL RULES

Lap lanes are for lap swim only

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

(no 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