

## General Pool Rules:

- Please shower before entering the pool—no perfume/cologne
- No diving in shallow end of pool
- Please obey lifeguard's instructions
- An adult must accompany children ages 9 & under during Open & Family swim
- Adults must be in the water with all children wearing bubbles (or non-swimmers) & directly supervise them
- Follow pool rules listed on the walls in the pool area
- No food, drink or gum allowed in locker rooms or pool area
- Masks & snorkels are not permitted during Open or Family swims
- No shirts or cut-offs are permitted
- Life jackets, water wings or swimsuits with floats inserted are not permitted
- Persons utilizing the diving board must be able to swim a length of the pool on their front without floatation device
- Swim waivers are mandatory for all persons utilizing the diving board & a green wristband must be secured at the front desk be-

## Definitions of Swim:

**Open Swim**— Open to anyone for recreational or fitness swimming. Adults must accompany children age 6 & under. Children using bubbles must be directly supervised by an adult in the water. Noodles, balls, life jackets, masks/ snorkels/fins, swimsuits with floats inserted and water wings are not permitted.

**Family Swim**— Open for all families to practice skills or simply enjoy the water. Adults must accompany all children. Children using bubbles must be directly supervised by an adult in the water. Noodles and balls are permitted. Life jackets, water wings, swimsuits with floats inserted, masks/ snorkel/fins are not permitted

**Adult Rec**— A time set aside for adults age 18 and older to water walk, swim laps, exercise, or just enjoy the water. Please be considerate of others.

**Lap Swim**— A time set aside for lap swimming only. We encourage all swimmers, of any age, to circle swim & work together during peak times.

**Adult Lap Swim**— same as Lap Swim but for adults ages 18 & older

**(32 laps or 64 lengths = 1 mile)**



## Pool Schedule

**May 21-June 10, 2018**



### ***Dani Mostachetti***

Aquatic Coordinator  
Warren County YMCA  
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Warren, PA

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### Monday

5:30-7:00am Lap Swim  
 7:00-9:00am Adult Rec  
 9:00-10:00am **FREE Aquatic Fitmotivation /**  
 10:00-11:30am Open Swim  
 11:30-1pm Adult Lap  
 1:00-2:00pm Open Swim  
 4:00-7:30pm Open Swim  
 7:30-8:00pm Adult Rec

### Tuesday

5:30-7:00am Lap Swim  
 7:00-9:00am Adult Rec  
 9:00-10:00am **FREE Aquatic Fitmotivation / Adult Rec**  
 10:00-11:30am Open Swim  
 11:30-1pm Adult Lap  
 1:00-2:00pm Open Swim  
 4:00-7:30pm Open Swim  
 7:30-8:00pm Open Swim  
 7:30-8:00pm Adult Rec (deep)

### Wednesday

5:30-7:00am Lap Swim  
 7:00-9:00am Adult Rec  
 9:00-10:00am **FREE Aquatic Fitmotivation / Adult Rec**  
 10:00-10:30am WBSD Life Skills  
 10:30-11:30am Open Swim  
 11:30-1pm Adult Lap  
 1:00-2:00pm Open Swim  
 4:00-7:30pm Open Swim  
 7:30-8:00pm Adult Rec

### Thursday

5:30-7:00am Lap Swim  
 7:00-9:00am Adult Rec  
 9:00-10:00am **FREE Aquatic Fitmotivation / Adult Rec**  
 10:00-11:30am Open Swim  
 11:30-1pm Adult Lap  
 1:00-2:00pm Open Swim  
 4:00-7:30pm Open Swim  
 7:30-8:30pm FREE Swimnastics  
 7:30-8:30pm Adult Rec (deep)

### Friday

5:30-7:00am Lap Swim  
 7:00-9:00am Adult Rec  
 9:00-10:00am **FREE Aquatic Fitmotivation / Adult Rec**  
 10:00-11:30am Open Swim  
 11:30-1pm Adult Lap  
 1:00-2:00pm Open Swim  
 4:00-8:00pm Open Swim

### Saturday \*

7:15-8:30am Adult Lap  
 8:30-11:30am Open Swim  
 11:30-12:30pm Adult Lap

#### \*UPCOMING EVENTS/POOL CLOSURES

**\*\*NEW FREE AQUATIC FITMOTIVATION**

**\* YMCA closes at 1:00 pm beginning Sat. May 26th.**

**Schedule subject to change without notice!**