

## 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 6 & under
- 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 before entering the pool

## 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

**September 18-24, 2017**

814-726-0110

[www.warrenymca.org](http://www.warrenymca.org)



## September 18-23, 2017

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>	
5:30-7:00am	Lap Swim	5:30-7:00am	Lap Swim	5:30-7:00am	Lap Swim
7:00-9:00am	Adult Rec	7:00-9:00am	Adult Rec	7:00-9:00am	Adult Rec
9:00-10:00am	Swimnastics/ Wave Runners	9:00-10:00am	Aquacize	9:00-10:00am	Swimnastics/ Wave Runners
10:00-10:30am	Water Discovery	10:00-12:00pm	Y Swim Programs	10:00-10:30am	WASD
10:30-12:00pm	Y Swim Lessons	12:00-1:00pm	Adult Lap	10:30-12:00pm	Y Swim Lessons
12:00-1:00pm	Adult Lap	1:00-2:00pm	Open Swim	12:00-1:00pm	Adult Lap
1:00-1:45pm	Arthritis/Deep Adult Rec	4:30-5:30pm	Y Swim Programs	1:00-1:45pm	Arthritis/Deep Adult Rec
4:00-5:15pm	Y Swim Lessons	5:30-6:30pm	Butterfly Swim Clinic	4:00-5:15pm	Y Swim Lessons
5:15-8:00pm	Open Swim	6:30-8:00pm	Open Swim	5:15-8:00pm	Open Swim
8:00-9:00	Adult Rec (deep)	8:00-9:00pm	Swimnastics/deep end Adult Rec	8:00-9:00pm	Adult Rec (half pool)
8:00-9:00	Adult Swim Instruction			8:00-9:00pm	Glade VFD (half pool)
<b>Thursday</b>		<b>Friday</b>		<b>Saturday</b>	
5:30-7:00am	Lap Swim	5:30-7:00am	Lap Swim	7:15-8:30am	Lap Swim
7:00-9:00am	Adult Rec	7:00-9:00am	Adult Rec	8:30-10:00am	Adult Lap (2 lanes)
9:00-10:00am	Aquacize	9:00-10:00am	Swimnastics/Wave Runners	8:30-10:00am	Y Swim Programs
10:00-12:00pm	Y Swim Programs	10:00-11:00am	Home School	10:00-12:00pm	Open Swim
12:00-1:00pm	Adult Lap	11:00-12:00pm	Open Swim	12:00-1:00pm	Adult Lap
1:00-2:00pm	Open Swim	12:00-1:00pm	Adult Lap	1:00-3:00pm	Open Swim
4:30-5:30pm	Y Swim Programs	1:00-1:45pm	Arthritis/Deep Adult Rec	3:00-4:00pm	Birthday Party*
5:30-6:30pm	Starts and Turns Swim Clinic	4:00-5:00pm	Open Swim	4:00-6:00pm	Family Swim
6:30-8:00pm	Open Swim	5:00-6:00pm	Y Swim Programs	6:00-8:00pm	Open Swim
7:30-9:00pm	Lifeguard Course (2 lanes)	6:00-7:00pm	Rainbow Swim		
8:00-9:00pm	Swimnastics/deep end Adult Rec	7:00-9:00pm	Open Swim		

**Schedule subject to change without notice!**