

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 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 before entering the pool

Definitions of Swim:

Open Swim— Open to anyone for recreational or fitness swimming. Adults must accompany children age 9 & 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. 3 lap lanes available.

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. Three lap lanes available

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)



**September 24 -
November 3, 2018**

**Warren County YMCA
212 Lexington Avenue
Warren - PA 16365**

**AQUATIC COORDINATOR
DANI MOSTACHETTI
814-726-0110 ext. 116
www.warrenymca.org**





September 24 - November 3 2018



WARREN COUNTY YMCA POOL CLOSINGS AND EVENTS

Monday

5:30-7:00am	Lap Swim
7:00-9:00am	Adult Rec
9:00-10:00am	Swimnastics/ Wave Runners
10:00-10:30am	Water Discovery
10:30-12:00pm	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-1:45pm	Arthritis/Deep Adult Rec
4:00-5:15pm	Y Swim Programs
4:00-7:00 pm	Swim Team Practice
7:15-7:45pm	Reax Raft/ Open Swim * 8
8:00-9:00pm	Adult Swim Instr/ Adult Rec (deep)

Thursday

5:30-7:00am	Lap Swim
7:00-9:00am	Adult Rec
9:00-10:00am	FitMotivation
10:00-12:00pm	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-2:00pm	Open Swim
4:30-5:30pm	Y Swim Programs
4:00-7:00pm	Swim Team Practice
7:15-7:45pm	Reax Raft/ Open Swim * 8
8:00-9:00pm	Swimnastics/Adult Rec (deep)

Tuesday

5:30-7:00am	Lap Swim
7:00-9:00 am	Adult Rec
9:00 - 10:00am	FitMotivation
10:00-12:00pm	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-2:00pm	Open Swim
4:30-5:30pm	Y Swim Programs
4:00-7:00pm	Swim Team Practice
7:00-8:00pm	Open Swim
8:00-9:00pm	Swimnastics/Adult Rec (deep) * 7

Friday

5:30-7:00am	Lap Swim
7:00-9:00am	Adult Rec
9:00-10:00am	Swimnastics/ Wave Runners
10:00-11:00am	Home School/Champion Swim
11:00-12:00pm	Open Swim
12:00-1:00pm	Adult Lap
1:00-1:45pm	Arthritis/Deep Adult Rec
4:00 - 5:00pm	Swim Team Practice
5:00-6:00pm	Y Swim Programs
6:00-7:00pm	Rainbow Swim
7:00-9:00pm	Open Swim **4

Wednesday

5:30-7:00am	Lap Swim
7:00-9:00 am	Adult Rec
9:00-10:00am	Swimnastics/ Wave Runners
10:00-10:30am	WCSD Lifeskills *TBA
10:30-12:00pm	Y Swim Programs
12:00-1:00pm	Adult Lap
1:00-1:45pm	Arthritis/Deep Adult Rec
4:00-5:15pm	Y Swim Program
4:00-7:00pm	Swim Team Practice
7:00-8:00pm	Open Swim
8:00 - 9:00pm	Adult Rec *7

Saturday **2,3,5

7:15-8:30am	Adult Lap (1-2 lanes) Teen Comp Skills (2-6 lanes)
8:30-10:00am	Adult Lap (1-2 lanes)
8:30-10:00am	Y Swim Programs
10:00-10:45am	Reax Raft/ Open Swim * 8
10:45-12pm	Open Swim
12:00-1:00pm	Adult Lap
1:00-3:00pm	Open Swim**6
3:00-4:00pm	Birthday Party
4:00-6:00pm	Family Swim
6:00-8:00pm	Open Swim

****SUNDAY POOL HOURS WILL BEGIN
NOVEMBER, 4th.**

Updated 9/20/2018

DOLPHIN SWIM TEAM MEETS 18'-19'

1. Wednesday, October 24
5:15- 7:30pm (Mock Meet)
2. Saturday, October 27
10am to 3pm
3. Saturday, November 3 10am
- 3pm
4. Friday, November 9
Pool closes at 7:00pm
5. Saturday, November 10
**CLOSED ALL DAY GYMS/
POOL/CHARACTER CLUB**

FAMILY EVENTS

6. Dunkin Pumpkin
Saturday, October 13
1:00-3:00pm

LIFEGUARD COURSE 1/2 pool

7. Wednesday, Oct. 10 - 6-7pm
Pre-test

Tuesday, Oct. 23 8-9pm
Wednesday, Oct. 24 8-9pm
Tuesday, Oct. 30 8-9pm
Tuesday, Nov. 6 8-9pm
Wednesday, Nov. 7 8-9pm
Tuesday, Nov. 13 8-9pm
Wednesday, 14 8-9pm

8. REAX RAFT FITNESS 1/2 POOL (STARTING OCT SESSION)

Mon/Thurs 7:15-7:45pm
Saturday, October 6 10-10:45am
Saturday, October 13 10-10:45am
Saturday, October 20 10-10:45am

Schedule subject to change without notice!
**** If no Birthday party is scheduled it is
open swim**