



North Area Family YMCA Aquatics



Lap Swim Schedule February 26-April 20

REVISED 3/11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8 AM: Lanes 1-6	5:30-8 AM: Lanes 1-6	5:30-8 AM: Lanes 1-6	5:30-8 AM: Lanes 1-6	5:30-8 AM: Lanes 1-6	6-8:30 AM Lanes 1-4	
8-9 AM: Lanes 1-4	8-10:15 AM: Lanes 1-2 10:15-4:30 PM Lanes 1-4	8-10 AM: Lanes 1-2 10-11:15 AM NO LANES	8-10:45 AM: Lanes 1-2	8-11AM: Lanes 1-2	8:30 AM- 9 AM Lanes 1-2 9AM-12PM No Lanes due to Swim Lessons	POOL CLOSED FOR Master's Swim: 8-9:30 AM TRI Swim 9:30-10:30AM 1 LANE AVAILABLE
9-10AM: Lanes 1-2	4:30-7PM Lanes 3-4	11:15 AM-4:30 PM Lanes 1-4	10:45AM -4 PM: Lanes 1-4	11AM-1PM Lanes 1-4	12-2:30 PM Lanes 1-3	
10AM-11AM Lanes 1-3	7-8:30 PM Pool CLOSED for Swim Team	4:30- 5:45 PM Lanes 3-4	4-5:45 PM Lanes 3-4	1-2 PM Lanes 1-3 *CLOSED FOR MAINTENANCE 2-3 PM*	POOL CLOSED FOR EASTER EGG DIVE 3/30: 12-2:30 PM	10:30AM-2PM: Lanes 1-3
11AM-6PM: Lanes 1-3				3-6 PM Lanes 3-4		
6-6:45PM: Lanes 1-2				6-6:30PM Lanes 1-2 6:30-8 PM CLOSED for Swim Team 8-8:30 PM Lanes 1-4		
		Masters Swim: 6:45-7:45 PM 7:45-8:30 PM Lanes 1-4				
Master's Swim: 6:45-7:45 PM 7:45-8:30 PM Lanes 1-4						PLEASE NOTE*** Special Events will impact the number of lap lanes available. Please check posted signs on pool doors. There are limited lap lanes available during swim lessons and swim team practice to ensure the highest quality and safety for our participants.

Sharing Lanes: We're all in this together! It is important that we work together to share our pool. Please follow these simple steps to help you enjoy your swim and avoid injuries and accidents! Our lap lanes can safely accommodate up to 3 swimmers at a time.

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| <p>1. Find your Speed
Lap lanes are separated by speed: Slow, Medium, and FAST. Try to find a lane with people swimming at your pace.</p> | <p>2. Let others Know
To avoid injury, check with other swimmers in the lane before swimming. Either split the lane or circle counter-clockwise.</p> | <p>3. Enjoy your swim!
If you need any assistance, ask one of the lifeguards on duty. Please follow lifeguards' instructions.</p> |
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North Area Family YMCA Aquatics



Open Swim Schedule February 26-April 20

REVISED 3/27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9AM Shallow and Deep Open	8-9:45 AM: Deep Open	8-8:45AM: Deep Open	8-10:30AM: Deep Open	8-9:AM: Shallow Open	6-8:30 AM Shallow and Deep Open 8:30-9 AM: Shallow Open	
9-10AM Shallow Open 10-11AM Deep Open	9:45AM-4:30PM Shallow and Deep Open 4:30-8:30 PM No Open swim due to swim lessons and swim team	8:45-9:30AM Shallow Open 9:45-11AM Deep Open 11AM-4:30 PM Shallow and Deep Open 4:30-6:45 PM No open swim due to swim lessons and swim team Master's Swim: 6:45-7:45 PM (No open swim)	10:30-4PM Shallow and Deep Open	9:15-11AM Deep Open 11AM-2PM Shallow and Deep Open <u>*Pool Closed for Maintenance 2-3 PM*</u> 3-6 PM Shallow and deep open 6-6:30 PM Shallow Open 6:30-8 PM POOL CLOSED FOR SWIM TEAM 8-8:30 PM Shallow and Deep Open	9AM-12 PM No open swim due to swim lessons 12-2:30 PM Shallow and Deep Open POOL CLOSED FOR EASTER EGG DIVE 3/30: 12-2:30 PM	Master's Swim: 8-9:30 AM (No open swim) 10AM-2:30 PM: Shallow and Deep Open
11AM-6PM Shallow and Deep Open						
6-6:45 PM Shallow Open						
Master's Swim: 6:45-7:45 PM (No open swim) 7:45-8:30 PM Shallow and Deep Open		7:45-8:30 PM Shallow and deep Open	4-8:30 PM No open swim due to swim lessons and swim team			
<p>Please note: The open swim area may occasionally close for events, birthday parties, etc. Please see signs posted on pool doors. There is NO open swim available during swim lessons and swim team practice to provide the highest quality program, and to keep our participants safe.</p> <p>To Ensure safety at all times, lifeguards and YMCA staff may coordinate swimmers and lane usage. This can include relocating pool users.</p>						

Get With The Band!

Every child (age 0 to 17) in our pool must wear one of three colored wrist bands. The bands give our lifeguards instant information on each child's swimming ability, helping us keep them safe and in the most appropriate swimming areas. Stop at Member services on your way in to get your band!

Need to take a swim test? Grab a swim test card at member services and give it to the lifeguard on Duty. They will be happy to administer the swim test and give your child the appropriate swim band.

Questions? Contact Rachelle Sotherden, Aquatics Director: rsotherden@ymcacny.org