



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule – September 11, 2023 – October 29, 2023										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00 am	Adult Lane					Closed				
7:00 am	Adult Lane					Closed				
8:00 am	5:00 - 9:30					Lane 7:00 - 9:00				
8:30 am										
9:00 am										
9:30 am	Lessons & Childcare 9:30 - 11:30	Childcare & Lessons 9:30 - 11:30	Lessons & Childcare 9:30 - 11:30	Lane Swim		Water Ex. 10:00 - 11:00 Special Services ★	YMCA Swim Lesson 9:00 - 12:00			Swim Team 8:30 am - 1:00 pm
10:00 am	Lane Swim		Lane Swim 9:30 - 12:00	Open Swim 10:30 - 12:00	Open Swim					
10:30 am										
11:00 am	Open Swim 11-12									
11:30 am	Adult Lane 11:30 - 1:00					Swim Team 12:00 - 4:15				
12:00 pm										
12:30 pm										
1:00 pm	Open Swim		Arthritis Class 1:00 - 2:00	Open Swim		Arthritis Class 1:00 - 2:00	Adult Lesson		Adult Lane 1:00 - 3:00	
1:30 pm	Lane Swim		Lane Swim		Lane Swim		Lane swim			
2:00 pm	Open Swim		Open Swim		Open Swim		Lane		Rec. Swim 3:00 - 5:45	
2:30 pm	Open Swim		Open Swim		Open Swim		Lane		Lane Swim 3:00 - 5:45	
3:00 pm	Open Swim		Open Swim		Open Swim		Lane			
3:30 pm	Open Swim		Open Swim		Open Swim		Lane			
4:00 pm	YMCA Swim Lessons 4:00 - 5:30 pm		YMCA Swim Lessons 4:00 - 5:30		YMCA Swim Lessons 4:00 - 5:30		Adult Lane 3:30 - 5:30		Rec. Swim 4:15 - 5:45	
4:30 pm	Adult Lap 5:00 - 6:30		Adult Lap 5:30 - 6:30		Adult Lap 5:00 - 6:30		Adult Lap 5:30 - 6:30		Lane Swim 4:15 - 5:45	
5:00 pm	Adult Lap 5:00 - 6:30		Adult Lap 5:30 - 6:30		Adult Lap 5:00 - 6:30		Adult Lap 5:30 - 6:30		Lane Swim 4:15 - 5:45	
5:30 pm	Swim Team 5:30 - 9:00 pm		Swim Team 5:30 - 8:30		Swim Team 5:30 - 8:30 pm		Swim Team 5:30 - 8:30 pm		Pool Closes At 5:45pm	
6:00 pm	Swim Team 5:30 - 9:00 pm		Swim Team 5:30 - 8:30		Swim Team 5:30 - 8:30 pm		Swim Team 5:30 - 8:30 pm		Pool Closes At 5:45pm	
6:30 pm	Swim Team 5:30 - 9:00 pm		Swim Team 5:30 - 8:30		Swim Team 5:30 - 8:30 pm		Swim Team 5:30 - 8:30 pm		Pool Closes At 5:45pm	
7:00 pm	Swim Team 5:30 - 9:00 pm		Swim Team 5:30 - 8:30		Swim Team 5:30 - 8:30 pm		Swim Team 5:30 - 8:30 pm		Pool Closes At 5:45pm	
7:30 pm	Swim Team 5:30 - 9:00 pm		Swim Team 5:30 - 8:30		Swim Team 5:30 - 8:30 pm		Swim Team 5:30 - 8:30 pm		Pool Closes At 5:45pm	
8:00 pm	Swim Team 5:30 - 9:00 pm		Swim Team 5:30 - 8:30		Swim Team 5:30 - 8:30 pm		Swim Team 5:30 - 8:30 pm		Pool Closes At 5:45pm	
8:30 pm	Swim Team 5:30 - 9:00 pm		Swim Team 5:30 - 8:30		Swim Team 5:30 - 8:30 pm		Swim Team 5:30 - 8:30 pm		Pool Closes At 5:45pm	
9:00 pm	Rec. Swim 9:00 - 9:45	Lane Swim 9:00 - 9:45	Lane Swim 8:30 - 9:45	Adult Swim Lessons 8:30 - 9:45	Lane Swim 8:30 - 9:45	Adult Swim Lessons 8:30 - 9:45	Rec. Swim 8:30 - 9:45	Lane 8:30 - 9:45		
9:30 pm	Rec. Swim 9:00 - 9:45	Lane Swim 9:00 - 9:45	Lane Swim 8:30 - 9:45	Adult Swim Lessons 8:30 - 9:45	Lane Swim 8:30 - 9:45	Adult Swim Lessons 8:30 - 9:45	Rec. Swim 8:30 - 9:45	Lane 8:30 - 9:45		
10:00 pm	Closed		Closed		Closed		Closed			

★ Kinnelon Special Services

☺ Chance of a Pool Birthday Party

● Friday Water Exercise class will meet 9/15, 9/29, 10/13, and 10/27

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POOL INFORMATION

Adult Lane Swim: Open to all full-privilege members & guests 16 years of age and older. Lane etiquette applies.

Lane Swim: Open to all full-privilege members & guests 12 years of age and older. Lanes are designated for speed. A list of lane etiquette is posted in the pool.

Open/Recreational Swim: Open to all full-privilege members & guests. Children under the age of 7 must be within arm's length of an adult in the water. Children ages 7-11 must always be supervised by an adult from in the water or on the balcony. All non-swimmers must always swim in the shallow end of the pool. Individuals that want to swim in the deep end of the pool must pass the deep-water test (administered by the lifeguard on duty.) No lap swimming is allowed, and no inflatable devices are allowed in the water. Bubbles are available on the pool deck.

POOL REGULATIONS

- **All swimmers must take a shower prior to swimming – this will be strictly enforced by lifeguards**
- **Everyone with hair shoulder length or longer must wear a bathing cap or have hair securely tied up**
- **Personal toys (no inflatable devices) are allowed in the pool at the lifeguard's discretion, but YMCA toys are not allowed out of the facility**
- **Children wishing to use the deep end need to pass a swim test (swim length of pool)**
- **Children may jump in only from between the two cones**
- **No kickboards allowed in open swim**
- **Children in bubbles or other floating aids are to remain in shallow end of pool**
- **Lifeguard has final word for maintaining pool safety**

Schedule is subject to change

Schedules, updates, and inclement-weather closings are posted on our website www.lakelandhillsymca.com, Facebook, or Instagram pages. Follow us on social media to keep up with all Y news and information.