



## POOL SCHEDULE

Lakeland Hills Family YMCA  
Winter Schedule

December 12, 2023 - December 21, 2023

MONDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 11:30am	Lessons & Childcare	3 Lanes
9:30am - 12:00pm	Lane Swim	3 Lanes
12:00pm - 1:00pm	Adult Lane	6 Lanes
1:00pm - 2:00pm	Lane Swim	6 Lanes
2:00pm - 4:00pm	HS Swim Teams	6 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 6:30pm	Adult Lane	3 Lanes
5:30pm - 9:00pm	LHY Swim Team	4-6 Lanes
9:00pm - 9:45pm	Lane Swim	4 Lanes
9:00pm - 9:45pm	Open Swim	2 Lanes
9:45pm	POOL CLOSSES	
TUESDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 11:30am	Lessons & Childcare	3 lanes
9:30am - 1:00pm	Lane Swim	4-6 Lanes
11:45pm - 12:45pm	Open Swim	2 Lanes
1:00pm - 2:00pm	Adult Lane	3 Lanes
12:45pm - 1:45pm	Arthritis Class	3 Lanes
2:00pm - 4:00pm	HS Swim Teams	6 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 6:30pm	Adult Lane	3 Lanes
5:30pm - 8:30pm	LHY Swim Team	3-6 Lanes
8:30pm - 9:30pm	Adult Swim Lesson	2-3 Lanes
8:30pm - 9:45pm	Lane Swim	3-4 Lanes
9:45pm	POOL CLOSSES	
WEDNESDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 11:30am	Lessons & Childcare	3 Lanes
9:30am - 12:00pm	Lane Swim	3 Lanes
12:00pm - 1:00pm	Adult Lane	4 Lanes
12:00pm - 1:00pm	Open Swim	2 Lanes
1:00pm - 2:00pm	Lane Swim	6 Lanes
2:00pm - 4:00pm	HS Swim Teams	6 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 6:30pm	Adult Lane	3 Lanes
5:30pm - 8:30pm	LHY Swim Team	3-6 Lanes
8:30pm - 9:45pm	Lane Swim	2-3 Lanes
8:30pm - 9:45pm	Masters Swim	3-4 Lanes
9:45pm	POOL CLOSSES	

THURSDAY		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 12:00pm	Lane Swim	4 Lanes
10:30am - 12:00pm	Open Swim	2 Lanes
12:00pm - 12:50pm	Adult Lane	6 Lanes
1:00pm - 2:00pm	Adult Swim Lesson	3 Lanes
12:45pm - 1:45pm	Arthristis Class	3 Lanes
2:00pm - 4:00pm	HS Swim Teams	6 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 6:30pm	Adult Lane	3 Lanes
5:30pm - 8:30pm	LHY Swim Team	3-6 Lanes
8:30pm - 9:30pm	Adult Swim Lesson	2-3 Lanes
8:30pm - 9:45pm	Lane Swim	3-4 Lanes
9:45pm	POOL CLOSSES	
FRIDAY		
5:00am - 10:30am	Adult Lane	3-6 Lanes
10:00am - 11:00am	Water Exercise	3 Lanes
10:30am - 11:30am	Special Services	3 Lanes
11:00pm - 1:00pm	Adult Lane	6 Lanes
11:30am-12:30pm	Open Swim	2 Lanes
1:00pm - 2:00pm	Lane Swim	6 Lanes
2:00pm - 4:00pm	HS Swim Teams	6 Lanes
4:00pm - 5:30pm	Adult Lane	4 Lanes
4:00pm - 5:00pm	Open Swim	2 Lanes
5:30pm - 8:30pm	LHY Swim Team	6 Lanes
8:30pm - 9:45pm	Lane Swim	6 Lanes
9:45pm	POOL CLOSSES	
SATURDAY		
7:00am - 9:00pm	Lane Swim	6 Lanes
9:00am - 12:00pm	YMCA Swim Lessons	6 Lanes
12:00pm - 4:15pm	LHY Swim Team	6 Lanes
4:15pm - 5:45pm	Lane Swim	4 Lanes
4:15pm - 5:45pm	Open Swim	2 Lanes
5:45pm	POOL CLOSSES	
SUNDAY		
7:00am - 8:30pm	Masters Swim	6 Lanes
8:30am - 1:00pm	LHY Swim Team	6 Lanes
1:00pm - 3:00pm	Adult Lane	3-6 Lanes
1:30pm - 3:30pm	Birthday Party <b>(TBD)</b>	3 Lanes
3:00pm - 5:45pm	Lane Swim	4 Lanes
3:00pm - 5:45pm	Open Swim	2 Lanes
5:45pm	POOL CLOSSES	

**SCHEDULE SUBJECT TO CHANGE**



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## POOL INFORMATION

### Please refer to the pool rules in the Aquatics Center

**Proper Swim Attire:** All swimmers must wear a lined swimsuit at all times. Please see attached swim attire guidelines. Contact Aquatics Management with any questions.

**Supervision:** All children 11 and under, must be accompanied by an adult, age 18 and over, AT ALL TIMES.

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

**Lane Swim:** Ages 12 and older

**Open Swim:** Open to all full-privilege members & guests. No lap swimming is allowed, and no inflatable devices are allowed in the water. Bubbles are available on the pool deck (Used at lifeguard discretion).

**Ages 6 Years and Younger:** Must be within arm's reach of an adult member. The adult member must physically be in the pool.

**Ages 7 - 11 Years (who do not use a bubble):** Must be supervised by an adult member from the water or the balcony.

**Deep End Test:** Individuals who want to swim in the deep end of the pool must pass the deep-water test

**Water Aerobics:** This class will run every other Friday

**Birthday Pool Parties:** Birthday Parties will run on Sundays from 1:30pm - 3:30pm, schedule TBD by request. If interested, please ask to speak with Aquatics Management.

### POOL REGULATIONS (Lifeguard Has Final Say in the Pool Area)

- 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
- Children wishing to use the deep end need to pass a swim test
- Children may jump in only from between the two designated cones on the pool deck
- No kickboards are allowed during open swim
- Children in bubbles or other floating aids must remain in the shallow end of the pool
- Lifeguard has final word for maintaining pool safety
- Coaching from the pool deck is not permitted unless previously approved by the Aquatics Director

Updates and inclement weather closings are posted on our website, Facebook, or Instagram pages.

Please feel free to contact us with any questions  
**Aquatics@lhymca.com**



