



**POOL SCHEDULE**

Lakeland Hills Family YMCA Fall 1 Schedule  
September 16,2024 – November 19,2024

<b>MONDAY</b>		
5:00am - 10:30am	Adult Lane	6 Lanes
10:30am - 11:30am	Lessons & Childcare	2 Lanes
10:30am - 12:00pm	Lane Swim	4-6 Lanes
12:00pm - 2:00pm	Adult Lane	6 Lanes
2:00pm - 3:50pm	Lane Swim	4-6 Lanes
3:00pm - 3:50pm	Open Swim	2 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 9:00pm	LHY Swim Team	6 Lanes
9:00pm - 9:45pm	Lane Swim	4 Lanes
9:00pm - 9:45pm	Open Swim	2 Lanes
9:45pm	POOL CLOSSES	
<b>TUESDAY</b>		
5:00am - 10:30am	Adult Lane	6 Lanes
11:00am - 11:30am	Swim Gym and Fun	2 lanes
10:30am - 1:00pm	Lane Swim	4-6 Lanes
11:45am - 1:00pm	Open Swim	2 Lanes
1:00pm - 2:00pm	Adult Lane	3 Lanes
1:00pm - 2:00pm	Arthritis Class	3 Lanes
2:00pm - 3:50pm	Lane Swim	6 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 9:00pm	LHY Swim Team	6 Lanes
9:00pm - 9:45pm	Adult Lane	3 Lanes
9:00pm - 9:45pm	Lane Swim	3 Lanes
9:45pm	POOL CLOSSES	
<b>Wednesday</b>		
5:00am - 10:30am	Adult Lane	6 Lanes
10:30am - 11:30am	Lessons & Childcare	2-3 Lanes
9:30am - 12:00pm	Lane Swim	3-4 Lanes
12:00pm - 2:00pm	Adult Lane	6 Lanes
2:00pm - 3:50pm	Lane Swim	4-6 Lanes
3:00pm - 3:50pm	Open Swim	2 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 8:30pm	LHY Swim Team	6 Lanes
8:30pm - 9:45pm	Lane Swim	2-3 Lanes
8:30pm - 9:45pm	Masters Swim	3-4 Lanes
9:45pm	POOL CLOSSES	

<b>THURSDAY</b>		
5:00am - 9:30am	Adult Lane	6 Lanes
9:30am - 12:00pm	Lane Swim	4-5 Lanes
11:00am - 11:30pm	Swim Gym and Fun	1-2 Lanes
11:30pm - 1:00pm	Adult Lane	6 Lanes
1:00pm - 4:00pm	Lane Swim	3 Lanes
1:00pm - 2:00pm	Arthritis Class	3 Lanes
2:00pm - 3:50pm	Adult Lane	3 Lanes
4:00pm - 5:30pm	YMCA Swim Lessons	6 Lanes
5:30pm - 8:30pm	LHY Swim Team	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	
<b>FRIDAY</b>		
5:00am - 2:00pm	Adult Lane	3-6 Lanes
11:30am - 12:00pm	Special Services	2-3 Lanes
12:00pm - 1:00pm	DDAWL	2 Lanes
1:00pm - 3:50pm	Adult Lane	6 Lanes
4:00pm - 9:00pm	Guard Class	2 Lanes
4:00pm - 5:30pm	ISNAP	6 Lanes
5:30pm - 8:30pm	LHY Swim Team	6 Lanes
8:30pm - 9:45pm	Open Swim/Lane swim	4-6 Lanes
9:45pm	POOL CLOSSES	
<b>SATURDAY</b>		
7:00am- 11:30am	LHY Swim Team	6 Lanes
8:00am - 6:00pm	Guard Class	2 Lanes
11:30am - 4:00pm	YMCA Swim Lessons	4-6 Lanes
4:00pm - 5:45pm	Lane Swim	2-4 Lanes
4:15pm - 5:45pm	Open Swim	2 Lanes
5:45pm	POOL CLOSSES	
<b>SUNDAY</b>		
7:00am - 8:30am	Masters Swim	4 Lanes
7:00am - 8:30am	Adult Lane	2 Lanes
8:30am- 1:00pm	LHY Swim Team	6 Lanes
8:00 am- 6:00 pm	Guard Class	2 lanes
1:00pm - 3:30pm	Adult lane	3-6 Lanes
1:30pm - 2:30pm	Birthday Party (TBD)	2 Lanes
3:30pm - 5:45pm	Lane Swim	2-4 Lanes
3:30pm - 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 always wear a lined swimsuit. 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-privileged 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

**Adult Lane:** 17 years and Older

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

**Ages 6 years and Younger:** Must be within arm's reach of an adult member (18 years and older). 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 (18 years and older) 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. Please see the Lifeguard if you want to do the test.

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

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

- \* All swimmers must take a shower prior to swimming - this will be enforced by Lifeguards.
- \* Everyone with hair, shoulder length or longer, must wear a bathing cap or have their hair securely tied up.
- \* Individuals 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 in the open swim area.
- \* Children wearing bubbles must remain in the shallow end of the pool within arm's reach of an adult member.
- \* 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 at [Aquatics@lhymca.com](mailto:Aquatics@lhymca.com) with any questions.

Please scan this QR code to be added to our weekend lane swim email list. This weekend lane swim email list will give you access to real time updates on our pool schedule.

