



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SCHALMO FAMILY YMCA

POOL SCHEDULE

April 21 – May 25

MONDAY	6:00–9:00am Lap Swimming	9:00 – 10:00am Water Aerobics	10:00–11:00am Open Swim	11:00–1:00pm CLOSED	1:00–2:00pm Aqua Arthritis	2:00–5:30pm Open Swim	5:30–7:10pm Swim Lessons	7:10–8:45pm Open Swim w/ WF
# of Lap Lanes	2	2	2	0	2	2	0	2
TUESDAY	6:00–9:00am Lap Swimming	9:00–11:00am Open Swim	11:00–2:00pm CLOSED	2:00–5:45pm Open Swim	5:45–6:30pm Water Aerobics	6:30–7:00pm Open Swim	7:00–8:45pm Open Swim w/ WF	
# of Lap Lanes	2	2	0	2	2	2	2	
WEDNESDAY	6:00–9:00am Lap Swimming	9:00–10:00am Water Aerobics	10:00–11:00am Open Swim	11:00–2:00pm CLOSED	2:00–5:45pm Open Swim	5:45–7:10pm Swim Lessons	6:30–7:30 pm Swim Club	7:30–8:45pm Open Swim w/ WF
# of Lap Lanes	2	2	2	0	2	0	0	2
THURSDAY	6:00–9:00am Lap Swimming	9:00–10:00am Open Swim	10:00–11:00am Aqua Arthritis	10:00–11:00am Swim Lessons	11:00–2:00pm CLOSED	2:00–5:45pm Open Swim	5:45–6:30pm Aqua Fit	6:30–8:45pm Open Swim w/ WF
# of Lap Lanes	2	2	2	2	0	2	2	2
FRIDAY	6:00–9:00am Lap Swimming	9:00–10:00am Water Aerobics	10:00–11:00am Open Swim	11:00–2:00pm CLOSED	2:00–6:30pm Open Swim	6:30–7:30pm Swim Club/Open Swim	7:30–7:45pm Open Swim w/ WF	
# of Lap Lanes	2	2	2	0	2	0	2	
SATURDAY	7:15–8:00am Lap Swimming	8:00 – 9:00am Water Aerobics	10:00–11:30am Swim Lessons	11:30–12:00pm Open Swim	12:00–2:45pm Open Swim w/ WF	SUNDAY	11:15am – 2:45pm Open Swim w/ WF	
# of Lap Lanes	2	2	0	2	2	# of Lap Lanes	2	

SCHEDULE CHANGES AND EVENTS:

Pool Schedule is subject to change
 Summer Swim Lessons Starts June 3
 Registration Starts: 5/13 Members 5/20 Non-members
 Art, Gym, & Swim: Weds 10-10:30am
 Pool closed May 24 from 6:00-7:30pm for a Swim Meet
 Pool Rentals April 28 & May 12 from 12-1pm
 Pool Closer for Maintenance : 4/25 at 12pm Reopens
 Lifeguards may need breaks:
 Swimmers will need to get out of the water during the break.

OPEN SWIM REGULATIONS

- Lifeguards are the sole authority, must be present to swim and may take breaks.
- Guests must shower before entering the pool, hot tub and after using the sauna.
- Long hair needs to be tied back.
- Children under 6 and 48" must have a parent in the water at all times and remain within arm's reach.
- All swimmers 6-14 and over 48" tall must have a yellow band or take a swim test for a green band.
- All children without a green swim band must stay where the water does not go above their armpits.
- Swim tests are only given when two guards are on deck
- Swimmers need to get swim bands from the front desk when scanning into the YMCA

*WF is water features