

# LARGE POOL

Schedule valid: May 29, 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open 8:00am	Open 5:15am	Open 5:15am	Open 5:15am	Open 5:15am	Open 5:15am	Open 7:00am
Aqua Cycling 1:15- 2:00pm (One lane closed)						
	Swim Team 4:30-5:30pm (POOL CLOSED)	Aqua Cycling 6:30pm – 7:15pm (One lane closed)	Swim Team 4:30-5:30pm (POOL CLOSED)	Lessons 4:35-6:15pm Guppies & Minnows (One Lane Closed)	Swim Team 4:30-5:30pm (POOL CLOSED)	Lessons 10:30-1:15pm Guppies, Minnows & Fish (One Lane Closed)
			Adult Intermediate Lessons 8:05 – 8:55pm			
Close 3:45pm	Close 8:45pm	Close 8:45pm	Close 8:45pm	Close 8:45pm	Close 8:45pm	Close 3:45pm

**All classes listed will be held in 1 or 2 lanes determined by enrolled number of participants.**

**Circle swimming will be enforced during usage traffic times**

Please reference this schedule and plan your swim accordingly if you are not inclined to share the lanes in such a manner. There will be times that there are only two lanes available for swimming during this temporary schedule.

**No Diving • No Running**

**Entry**

Please enter pool at shallow end. No diving.

**Sharing Lanes**

It is expected that all swimmers concede to sharing their lane with other swimmers as needed and in a courteous manner. Please try to choose a lane with swimmers that most nearly match your speed. To avoid accidents, when entering an occupied lane, please first get the swimmer's acknowledgement that you are there.

**Directions**

If there are 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Swimmers under 13 years of age or older, must have an adult in the pool area.

**Hygiene**

Please shower prior to entering pool. Swim caps are mandatory for anyone ages 3+.

**No changing on deck**

**Anyone under 5 MUST have an adult in the water with them.**

Youth wishing to swim in the deep end must pass a swim test first.

Anyone who is not toilet-trained must wear a swim diaper.

White Plains YMCA

250 Mamaroneck Ave. White Plains, NY 10605

P 914 949 8030 F 914 949 8419 <http://whiteplains.ymca-cnw.org/>

**<<<<<Small pool schedule on reverse**

# SMALL POOL

Schedule valid: May 29, 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open 8:00am	Open 9:15am	Open 12:15pm	Open 9:15am	Open 12:15pm	Open 9:15am	Open 8:00am
Lessons 8:15-2:00pm	Aqua Aerobics 9:30-10:15am		Aqua Aerobics 9:30-10:15am		Aqua Aerobics 9:30-10:15am	Lessons 8:15-1:45pm
Family Swim 2:00 – 4:00pm	AFYAP 10:45-11:30am	Aqua Aerobics 12:30-1:15pm	AFYAP 10:45-11:30am	Aqua Aerobics 12:30-1:15pm	AFYAP 10:45-11:30am	
				Angelfish Rental 1:30- 6:30pm (One lane)	School Programs 1:30-5:00pm	Pool Parties 2:30-315pm
		Lessons 4:00-5:10pm				Family Swim 2:00 – 4:00pm
	Family Swim 5:15-7:00pm	Adult Warm Water Lap Swim 5:30-6:30pm	Family Swim 5:15-7:00pm	Aqua Aerobics 6:45-7:30pm	Family Swim 5:15-7:00pm	
		Aqua Aerobics 6:45-7:30pm		Lessons 7:40 – 8:20pm		
Close 4:00pm	Close 7:00pm	Close 7:30PM	Close 7:00pm	Close 8:20pm	Close 7:00pm	Close 4:00pm

### Closures, Events and Info

- Private Swim Lessons are conducted throughout the day in one or two lanes as scheduled by the Aquatics Department.
- We offer community lifeguard classes. Those classes use some space in the pool to conduct the skills portion of the class. Times & Dates vary.
- Schedules are subject to change without notice.

### Hygiene

Please shower prior to entering pool. Swim caps are mandatory for anyone ages 3+.

**No changing on deck**

**Anyone under 5 MUST have an adult in the water with them.**

Youth wishing to swim in the deep end must pass a swim test first.

Anyone who is not toilet-trained must wear a swim diaper.

**No Diving • No Running**

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**<<<<<Large pool schedule on reverse**