



MERRIMACK VALLEY YMCA
POOL SCHEDULE
August 8th- September 3rd 2017
Lawrence Family Pool Schedule

FOR YOUTH DEVELOPMENT ®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

The Y Reserves the right to change this schedule at any time.

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Camp/Lessons		9:30a-10:30a (2) 10:30a-2p (3)	10:30a-2:00p (3)	9:30a-10:30a (2)	10:30a-2p (3)		
Lap Swim (# of Lanes available)	6:00a-9:00a (6) 9:00a-2:30p(3)	5:00a-9:30a (6) 9:00a-10:30a (4) 10:30a-9:30p (3)	5:00a-10:30a (6) 9:00a-10:30a (4) 10:30-4:45 (3) 8:30p-9:30p (3)	5:00a-9:30a (6) 9:30a-10:30a (4) 10:30a-9:30p (3)	5:00a-10:30a (6) 10:30-4:45p (3) 8:30p-9:30p (3)	5:00a-9:00a (6) 9:00a-4:30p (3)	6:00a-9:00a (6) 9:00a-1:30p(3)
Open Swim (# of Lanes available)	9:00a-2:30p(3)	2:30p-9:30p (3)	2:30p-4:45p (3) 8:30p-9:30p (3)	10:30a-9:30p (3)	2:30-4:45p (3) 8:30p-9:30p (3)	9:00a-4:30p (3)	9:00a-1:30p(3)
Swim Team Practices (# of Lanes)			5:00-8:30p (6)		5:00-8:30p (6)	4:30p-9p (6)	

Pool Rules	Type of Swim
<ol style="list-style-type: none"> The Y wants you to have a safe swim experience. Rules will be enforced in accordance to our safety standards A full Cleansing shower must be taken by all swimmers Band-aids should be removed before entering any pool. No open sores in the pool. No Cell Phones allowed in pool area Horseplay is not permitted Shoulder length hair or longer should be pulled up to swim. Swim caps should be worn. Appropriate swimwear must be worn at all times 	<p>Lap swim: (13 years or older) Lanes are divided by swimmers' abilities and speed. Number of lanes available is indicated on pool schedules. Please be aware of other swimmers in your lane. See Lifeguard for aid in finding an appropriate lane. When busy, circle swim.</p> <p>Lessons/Camp: Lanes are reserved for groups and not available for use.</p> <p>Open Swim: (All Ages) available to all swimmers.</p>
<ol style="list-style-type: none"> Children under 7 must have an adult in the water within arms reach. The lifeguard reserves the right to swim test any swimmer. Those unable to pass a swim test must have an adult in the water. All children in a floatation device must be accompanied by an adult in the water within arms reach. The lifeguard is the sole authority in the pool area. The lifeguard will enforce all pool rules in order to ensure the safety of all swimmers. Management reserves the right to close a pool if it is deemed unsafe at any time or adjust the schedule at anytime. Lifeguards will be subjected to unannounced safety drills, this is to ensure the safety of our swimmers and allow us to practice our rescues. We appreciate your patience during this time, it may cause some interruptions to your swim. 	

