



**MERRIMACK VALLEY YMCA
POOL SCHEDULE
September 5th-10th 2017
Lawrence Pool Schedule**

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

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim (# of Lanes available)	6:00a-2:30p (3)		5:00-8:00a (6) 8:00a-2:30p(2) 5:00-9:30p (3)	5:00-8:00a (6) 8:00a-2:30p(2) 5:00-9:30p (3)	5:00-8:00a (6) 8:00a-2:30p(2) 5:00-9:30p (3)	5:00-8:00a (6) 8:00a-2:30p(2) 5:00-9:30p (3)	6:00a-8a (2) 8:00a-1:30p(3)
Open Swim	6:00a-2:30p (3)		5:00-9:00p (3)	5:00-9:00p (3)	5:00-9:00p (3)	5:00-9:00p (3)	8:00a-1:30p(3)

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 or Spa Horseplay is not permitted Families with children should use the appropriate locker rooms. We have a family locker room, boys, girls and locker rooms for adults only. Shoulder length hair or longer should be pulled up to swim. Swim caps should be worn. 	<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.</p> <p>Open Swim: (All Ages) available to all swimmers.</p> <p>Senior Swim: (ages 55+) Held in the Teaching pool. Leisure swimming for Seniors</p>

- Children under 7 must have an adult in the water within arms reach. Supervision of children from the hot tub is not permitted.
- 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.
- Hot tub and Steam room are for those ages 18 or older.
- Children under 7 must have an adult on the splash pad with them, children 8 and older must have an adult in the family pool area. If the lifeguard observes unsafe activity, parents may be required to stay on the splash pad with a child aged 8 or older.
- 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.
- 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.