



Lawrence YMCA • POOL SCHEDULE

November 1 — January 30, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP POOL SCHEDULE						
LAP SWIM <small>2+ lanes available for lap</small>						
5:00a-2:30p	5:00a-2:30p	5:00a-2:30p	5:00a-2:30p	5:00a-2:30p	6:00a-1:30p	6:00a-8:00a
4:30p-6:30p	5:00p-6:30p	4:30p-6:30p	5:00p-6:30p	4:30p-6:30p	5:00p-5:45p	12:00p-1:45p
AQUA FITNESS						
Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
TBA	TBA	TBA	TBA	TBA	TBA	TBA
SWIM LESSONS						
8:30a-1:00p	8:00a-11:00a	8:30a-2:30p	8:00a-11:00a	8:30a-1:30p	9:00-12:00pm	
4:45p-6:15p		4:45p-6:15p		4:45p-6:15p	9:00a-11:00a	
OPEN/FAMILY SWIM						
1:00p-2:30p	11:00a-2:30p	1:00p-2:30p	11:00a-2:30p	12:00p-2:30p	12:00p-1:30p	6:00a-8:00a
4:30p-6:30p	5:00p-6:30p	4:30p-6:30p	5:00p-6:30p	4:30p-6:30p	5:00p-5:45p	12:00p-1:45p
SWIM TEAM						
2:30p-4:30p	2:30p-4:30p	2:30p-4:30p	2:30p-4:30p	2:30p-4:30p	6:30a-8:00a	
	6:00p-8:30p		6:00p-8:30p			8:00a-12:00p
6:30p-8:30p		6:30p-8:30p		6:30p-8:30p	1:30p-5:00p	



Lawrence YMCA • POOL SCHEDULE

Pool Rules:

1. **LIFEGUARD IS IN CHARGE AT ALL TIMES.**
2. A full, cleansing shower must be taken by all swimmers before entering the pool due to state health codes.
3. No cell phones allowed on deck, members may not use their cell phones in the pool area, including texting.
4. All bandages must be removed before entering the pool.
5. Be considerate and not wear street shoes on the pool deck at any time.
6. Strollers are **not allowed** on the pool decks at any time.
7. No Diving, except from the deep end of the pool.
8. No flips, twists, or backwards jumps off the side of pool.
9. Jumping must be done in 4 feet or deeper water.
10. No Running in the pool area at any time.
11. No Horseplay. Ex: riding on shoulders, wrestling, throwing children
12. No walking in gutters.
13. No hanging on lane lines or buoy lines.
14. During Family or Teen swim only noodles may be used apart from floatation
15. No noodles allowed in the deep end.
16. Adults may use kick boards and pull buoys during Adult Lap.
17. You must be 14 years or older to attend Adult Lap.
18. Members 13 years old and over may attend the recreational swims by themselves if they have passed the deep end test.
19. Any swimmers who are 7 – 12 years old and have passed the deep end test may be in the pool alone, however, an adult or parent must remain in the pool area.
20. Any non-swimmer under the age of 13 must be accompanied by an adult or parent in the water with them at all times
21. Any child who is 6 or under, regardless of swimming ability must have an adult or parent in the water with them at all times
22. If a child is wearing a flotation device a parent must be in the water at all times with the child.
23. All non-swimmers must remain in the shallow end regardless of age.
24. No jeans, pants, or cut-off shorts, appropriate swimwear please.

Swim Explanations

Adult Lap Swim: Lanes are set aside for lap swimming. At this time we would like our patrons to swim laps and not use the space for exercises. If there is no one using the lanes then it is not an issue, but if someone comes in to use the lane the lifeguard will ask anyone not swimming laps to give way. If lanes are crowded please institute circle swimming to make sure the lanes do not get congested. Circle swimming would be to swim down on the right side of the lane, complete the length, and swim back on the right side going back.

Open/Family Swim: Open area set aside for families to enjoy. Each activity will have its own area so that every group can feel safe while they enjoy our aquatics facility.

Aqua Fitness Classes: These classes are free to members so come get a workout in our pool.

Distance	Yards	Miles
1 Lap	50 yards	-
2 Laps	100 yards	-
9 Laps	450 yards	1/4 mile
18 Laps	900 yards	1/2 mile
36 Laps	1800 yards	1 mile

1 Lap = down and back

Schedule is subject to change for program needs or rentals. If you have any questions feel free to contact the Aquatics Department or check our website for upcoming schedule changes or rentals.

Contact Info:

Jess Murray, Aquatics Director
978-686-6191 ext. 26
jmurray@mvyymca.org