

# YMCA POOL SCHEDULE

Effective Monday January 7th - Sunday January 27th

	MON	TUES	WED	THURS	FRI	SAT	SUN					
5:00	YMCA OPENS AT 5:30 am					YMCA OPENS AT 6AM	YMCA OPENS AT 8 AM	5:00				
5:30	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		5:30				
6:00								6:00				
6:30								6:30				
7:00								7:00				
7:30								7:30				
8:00								8:00				
8:30	Laps & Deep Water	BOCES 12:30 - 1:30	BOCES 12:30 - 1:30	BOCES 12:30 - 1:30	Laps & Deep Water	SWIM TEAM	8:30					
9:00							9:00					
9:30							9:30					
10:00							10:00					
10:30							10:30					
11:00							11:00					
11:30	LAP SWIM	BOCES 12:30 - 1:30	BOCES 12:30 - 1:30	BOCES 12:30 - 1:30	Laps & Deep Water	OPEN SWIM	11:30					
12:00							12:00					
12:30							12:30					
1:00							1:00					
1:30							1:30					
2:00							2:00					
2:30	OPEN SWIM	CLOSED	CLOSED	CLOSED	OPEN SWIM	OPEN SWIM	2:30					
3:00							3:00					
3:30							3:30					
4:00							4:00					
4:30							4:30					
5:00							5:00					
5:30	STINGERS SWIM TEAM	STINGERS SWIM TEAM	MASTERS SWIM	STINGERS SWIM TEAM	AQUA AMP 5:30 - 6:30	Y Closes at 6 pm	5:30					
6:00							6:00					
6:30							6:30					
7:00							OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	7:00
7:30												7:30
8:00												8:00
8:30	8:30											
9:00	9:00											
Y Closes at 9:30PM												
The McDonald Pool closes 30 minutes before YMCA closes												
<p><b>YMCA POOL RULES</b></p> <ol style="list-style-type: none"> <li>1. Proper swim attire required</li> <li>2. Walk on pool deck</li> <li>3. Shower before swimming</li> <li>4. NO HORSEPLAY</li> <li>5. Children 5 and under must have an adult in the water</li> <li>6. Children 8 and under must be supervised by an adult</li> <li>7. Non-swimmers must have an adult in the water</li> <li>8. NO INFLATABLE FLOATIES</li> </ol>												



LAP SWIM: Lanes 2, 3, 4 for Laps.  
Lane 1 for Water Walking.  
OPEN SWIM: Open for all members.

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