# CITY POOL SCHEDULE

## LAP SWIM

MONDAY
5:00am–8:30am (6 Lanes)
8:30am-9:30am (3 Lanes)
10:30am-12:00pm (6 Lanes)
12:30pm-2:30pm (2 Lanes)
2:30pm-4:00pm (6 Lanes)
4:00pm-8:00pm (4 Lanes)
8:00pm-8:30pm (6 lanes)

TUESDAY
5:00am–6:30am (6 Lanes)
6:30am–9:30am (2 Lanes)
9:30am–10:30am (3 Lanes)
10:30am-12:00pm (6 Lanes)
12:00pm-3:00pm (4 Lanes)
3:00pm-8:30pm (6 Lanes)

WEDNESDAY
5:00am–6:30am (6Lanes)
6:30am-8:30am (6 Lanes)
8:30am-9:30am (3 Lanes)
9:30am–12:00pm (4 Lanes)
12:00pm-2:30pm (2 Lanes)
2:30pm-4:30pm (6 Lanes)
4:30pm-6:30pm (4 Lanes)
6:30pm-8:30pm (5 lanes)

THURSDAY
5:00am–6:30am (6 Lanes)
6:30am–9:30am (2 Lanes)
9:30am–10:30am (3 Lanes)
10:30am–4:00pm (6 Lanes)
4:00pm-5:00pm (1 lane)
6:00pm-8:30pm (2 Lanes)

FRIDAY
5:00am–6:30am (2 Lanes)
6:30am–8:30am (2 Lanes)
**8:30am-9:30am (0 Lanes)**
9:30am-12:00pm (6 Lanes)
12:00pm-2:30pm (2 Lanes)
2:30pm-7:30pm (6 Lanes)

SATURDAY
**7:00am–9:00am (0 Lanes)**
9:00am–10:30am (4 Lanes)
10:30am-1:00pm (2 Lanes)
1:00pm-3:30pm (4 lanes)

SUNDAY 7:00am–10:00am (6 Lanes)
10:00am-3:30pm (4 Lanes)

***Schedule subject to change on account of programing***

## Pool Hours

Mon-Thurs
5:00am – 8:30pm
Friday
5:00am – 7:30pm
Saturday
7:00am – 3:30pm
Sunday
7:00am – 3:30pm

## Family Swim Times

**Monday, Wednesday**
2:30-4:30pm
**Tuesday , Thursday**
3:30pm-6:30pm
Friday
2:30pm – 6:00pm
Saturday
12:30pm – 3:30pm
Sunday
10:00am – 3:30pm
All children under 12 must wear a color swim band indicating their swim level!

## ADDITONAL INFO

Family Swim = Play time and relaxation time.
Lap Swim = Anyone actively swimming laps, water waking or aqua fitness. Please enter from the shallow end. When entering an occupied lane please speak to first swimmer and determine if you will split the lane or circle swim

## Aquatic Contacts

**Director of Competitive Swimming:**
Gwyn Atkinson
gatkinson@lancasterymca.org
717-393-9622 ext. 2009

**Swim Lesson Coordinator:**
Katie Foulke
kfoulke@rosesymca.org
717-393-9622 ext.2008

## PROGRAM INFO

### Swimming Lessons

The Y offers group swimming lessons for ages 6 months to adult. Private Lessons available for children ages 3 and up. (Information and registration available at the front desk.)

### Swim Testing

Swim Tests are available upon request during Family Swim times. If it's busy swim tests may not be able to be administered.

## Water Fitness

**Monday - Friday**
8:30am Aqua Tone
**Tuesdays & Thursdays**
9:30am OOA Class
Wednesday
6:00pm Aqua Endurance

## Schedule Notes

**Lifeguard Classes**
June 9,10,11 Classes use 3 lanes.
**Swim Team –no practice on June 10th and no**
Swim Lessons start the week of June 18th- August 30th
**Summer Camp and Horizons** will be in the pool Monday-Friday afternoons.

**Thunder/Lightning & Pool Closure Policy: During the event of a thunder and or lightning storm indoor pool, sauna and hot tub will be cleared, as well as pool decks. The pool area will remain closed for 30 after the last sight of lightning or sound of thunder.**