



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Aquatics Director:
Mike Siers
msiers@rosesymca.org

LS YMCA Pool Key Dates and schedule changes:

1/9	MEET	Manheim Central	3:00 PM	-	Close
1/11	MEET	Conestoga Valley	3:00 PM	-	Close (No Y Team)
1/18	Away Meet		Family Swim 3-5 pm		
1/23	MEET	Ephrata	3:00 PM	-	Close (No Y Team)
1/30	Away Meet		Family Swim 3-5 pm		
2/9			Family Swim 3-5 pm		
2/12			Family Swim 3-5 pm		
2/18	Pool Closed for YMCA Swim Meet (All Day)				
2/19	Practice 12-3		Family Swim 3-5 pm		
2/23	Practice 12:30-3:30		Family Swim 3-5 pm		

Blue Band for youth to swim laps during designated Adult lap swim times.

We want to promote the ability of youth to be able to swim laps for physical conditioning and to improve their endurance.

The following will apply for testing:

- Must schedule an appointment with the Aquatic Director (only)
- Has completed the green band test
- Can complete a 100-yard non-stop swim utilizing a competitive stroke (freestyle, backstroke, breaststroke, butterfly) of their choice
- Tests are limited to one per week and can be scheduled at msiers@rosesymca.org

Rules for Blue Band swimmers:

- Must get the blue band at the desk when they enter
- This time is for swimming laps and not for recreational play
- Any swimmers 12 and under require a parent on the pool deck at all times.
- If the rules are not followed the swimmer will lose the privilege.