



Lampeter-Strasburg **Indoor Pool**

January 2- February 29 2024

Pool Hours:

Mon. & Wed.: 5:00 am- 12:00 pm 3:00 pm- 7:30 pm

Tues. & Thurs.: 5:00 am- 7:30 pm

Friday:

5:00 am- 12:00 pm 3:00 pm- 7:30 pm

Saturday:

7:00 am- 3:30 pm

Sunday:

10:00 am- 3:30 pm

<u>Lap Swimming:</u>

Is open to those that have the ability to swim multiple laps continuously. Lanes may be added or decreased based on availability.

ADULT LAP SWIM:

18+ See above Or pass the Lap swim test and receive blue band (see back for details)

Accommodations:

Our Aquatics Staff will do their best to meet individual Members' needs based off of the multiple activities scheduled in our pool.

717-464-4000

						TOR SOCIAL RESPONSIBILITY			
M	onday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:0	0-12:00	5:00-7:00	5:00-8:00	5:00-8:00	5:00-10:30	7:00-9:00			
:	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap			
(5	Lanes)	(5 Lanes)	(5 Lanes)	(5 Lanes)	(5 Lanes)	Swim (5 Lanes)			
		7:00-7:45	8:00-9:00	8:00-8:45		9:00-			
		Deep Intervals	Senior Splash	Aqua Splash		12:00			
		(3 Lanes) Lap Lanes: 3	(3 Lanes) Lap Lanes: 3	(3 Lanes) Lap Lanes: 3		Swim			
		8:00-8:45	9:00-9:45	Lup Lunes. 5		Lessons			
		Active	OOA Senior			(2Lanes)			
		Water Class (3 Lanes)	Splash (3 Lanes)			Adult Lap Swim: 1	10:00-3:30		
		Lap Lanes: 3	Lap Lanes: 3				Lap		
		9:00-9:30		9:00 - 12:00	10:30-12:00	9:00-11:00 Swim	Swim		
		Lap Swim		Swim Lessons (1 Lanes)	Lap	Team	(3 Lanes)		
		(5 Lanes)	10:00-12:00	Lap Lanes: 4	Swim	(3 Lanes)	Family		
11:0	0-12:00	9:30-11:15 L-S Swim	Lap Swim		(5 Lanes)	12:00-1:00*	Swim		
	Lap Swim	Lessons (3 Lane)	(5 Lanes)			Lap Swim	(2 Lanes)		
	Lanes)	Adult Lap Lanes:		12:00-3:00		(5 Lanes)			
		11:00-12:45		Lap		1:00-3:30*			
		Lap Swim		Swim (5 Lanes)		Family Swim			
		(5 Lanes)		(6 2065)		(2 Lanes)			
12	2 611		12-3 Closed	•	12.261	Lap Swim			
12-:	3 Closed		12-5 C105eu		12-3 Closed	(3 Lanes)			
	12:45-2:30		3:00-5:15		ADDITIONAL				
	L-S Swim Lessons		LS Swim Team(4 lanes) ADULT Lap Swim		INFO				
	(3 Lane) Adult Lap Lanes:3		(1 Lanes)		*Birthday Parties may be in the pool at this time				
3:00-5:15			5:15-7:30	5:15-7:30	Youth under the age of 13				
	LS Swim Team(4 lanes) ADULT Lap Swim			YMCA Swim Team Swim	Lap Swim	require swim test wristbands. Non-swimmers with RED			
	(1 Lanes)			(3 Lanes)	(2Lanes)	BANDS require water.	parent in the		
	5:15-7:30			Adult Swim	Family Swim	During lessons	the pool space		
	Adult Lap			(2 Lanes)	(2 Lanes)	will be limited to Adult lap swim.			
	Swim '					area will not be members in less			
	(3 Lanes)				F.00 7.30	Please note: LSHS Swim team			
5	5:00-7:30		5:00-7:30		5:00-7:30 Swim	will have swim r 11, and 23 pool	neets on Jan 9, will close at 4:15		
	Swim Lessons	Lap Swim (2 Lanes)	Swim Lessons		Lessons	See back for scl			
	(2 Lanes)	(2 20/100)	(2 Lanes)		(2 Lanes)	due to meets ar days			
						-			

Lampeter- Strasburg YMCA 800 Village Road, Lancaster, PA, 17602

rosesymca.org

Swim Lesson Coordinator: | Aquatics Director: Cora Minder | Mike Siers cminder@rosesymca.org | msiers@rosesymca.org

LS YMCA Pool Key Dates and schedule changes:

1/9	MEET Manheim C	entral 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	MEEŤ 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 Sw	vim Meet (All Day)	
2/19	Practice 12-3	Family Swim 3–5 pm	
2/23	Practice 12:30-3:30	Family Swim 3-5 pr	n

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.