



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lampeter-Strasburg Indoor Pool

March 17 - April 8 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

Lap Swimming:

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-12:00 Lap Swim (5 Lanes)	5:00-7:00 Lap Swim (5 Lanes)	5:00-8:00 Lap Swim (5 Lanes)	5:00-8:00 Lap Swim (5 Lanes)	5:00-10:30 Lap Swim (5 Lanes)	7:00-9:00 Lap Swim (5 Lanes)	
	7:00-7:45 Deep Intervals (3 Lanes) Lap Lanes: 3	8:00-9:00 Senior Splash (3 Lanes) Lap Lanes: 3	8:00-8:45 Aqua Splash (3 Lanes) Lap Lanes: 3		9:00-12:00 Swim Lessons (2Lanes) Adult Lap Swim: 1	
	8:00-8:45 Active Water Class (3 Lanes) Lap Lanes: 3	9:00-9:45 OOA Senior Splash (3 Lanes) Lap Lanes: 3				10:00-3:30 Lap Swim (3 Lanes) Family Swim (2 Lanes)
	9:00-9:30 Lap Swim (5 Lanes)	10:00-12:00 Lap Swim (5 Lanes)	9:00 - 12:00 Swim Lessons (1 Lanes) Lap Lanes: 4	9:00-12:00 Swim Lessons (2Lanes) Adult Lap Swim: 3	9:00-11:00 Swim Team (3 Lanes)	
11:00-12:00 Lap Swim (5 Lanes)	9:30-11:15 L-S Swim Lessons (3 Lane) Adult Lap Lanes: 3				12:00-1:00* Lap Swim (5 Lanes)	
	11:00-12:45 Lap Swim (5 Lanes)		12:00-3:00 Lap Swim (5 Lanes)		1:00-3:30* Family Swim (2 Lanes) Lap Swim (3 Lanes)	
12-3 Closed		12-3 Closed		12-3 Closed		
	12:45-2:30 L-S Swim Lessons (3 Lane) Adult Lap Lanes:3		3:00-5:15 Family Swim (2 Lanes) Lap Swim (3 Lanes)		ADDITIONAL INFO *Birthday Parties may be in the pool at this time Youth under the age of 13 require swim test wristbands. Non-swimmers with RED BANDS require parent in the water. During lessons the pool space will be limited to Lessons and Adult lap swim. The splash area will not be available. <u>No members in lesson lanes</u> Please note: LSHS Swim team will have swim meets on Jan 9, 11, and 23 pool will close at 4:15 See back for schedule changes due to meets and out of school days	
	3:00-5:00 Family Swim (2 Lanes) Lap Swim (3 Lanes)		5:15-7:30 YMCA Swim Team (3 Lanes)	5:15-7:30 Lap Swim (3Lanes)		
	5:00-7:30 Adult Lap Swim (3 Lanes)		Adult Swim (1 Lanes)	Family Swim (2 Lanes)		
	5:00-7:30 Swim Lessons (2 Lanes)		5:00-7:30 Swim Lessons (2 Lanes)			

Lampeter- Strasburg YMCA

800 Village Road, Lancaster, PA, 17602

717-464-4000

rosesymca.org

Swim Lesson Coordinator:

Cora Minder

cminder@rosesymca.org

Executive Director:

Mike Siers

msiers@rosesymca.org

LS YMCA Pool Key Dates and Schedule changes:

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.