



City Pool Schedule July 26 – August 8

***Schedule Subject to Change**

Pool Hours

Mon, Wed, Thur
5:00 am – 8:30 pm
Tuesday
5:00 am – 2:30 pm
4:00 pm – 8:30 pm

Friday
5:00 am – 7:30 pm
Saturday & Sunday
7:00 am – 3:30 pm

MON	TUES	WED	THURS	FRI	SAT	SUN
Lap Swim 5:00-8:00am (6 lanes)	Lap Swim 5:00-6:00am (6 lanes)	Lap Swim 5:00-8:00am (6 lanes)	Lap Swim 5:00-6:00am (6 lanes)	Lap Swim 5:00-8:00am (6 lanes)	Lap Swim 7:00-9:00am (4 lanes)	Lap Swim 7:00-10:00am (6 lanes)
Aqua Fitness 8:00-10:00am Aqua Tone 8:30-9:30am (2 lanes)	Master Swim 6:00-8:00am (2 Lanes)	Aqua Fitness 8:00-10:00am Aqua Tone 8:30-9:30am (2 lanes)	Master Swim 6:00-8:00am (2 Lanes)	Aqua Fitness 8:00-10:00am Aqua Tone 8:30-9:30am (2 lanes)	Master Swim 7:00-8:45am (2 Lanes)	10:00-12:00pm (3 lanes)
Lap Swim 8:00-10:00am (4 lanes)	Lap Swim 6:00-8:00am (4 lanes) 8:00-9:00am (6 lanes)	Lap Swim 8:00-10:00am (4 lanes)	Lap Swim 6:00-8:00am (4 lanes) 8:00-9:00am (6 lanes)	Lap Swim 8:00-10:00am (4 lanes) 9:30-12:00pm (3 lanes)	Lap Swim 9:00-12:00pm (3 lanes) 12:00-3:30pm (4 lanes)	BB CAMP 10:00-11:30am (3 lanes) ENDS 8/3
BB CAMP 10:00-11:30am (3 lanes) ENDS 8/3	Aqua Fitness 9:00-11:00am OOA Sr Splash 9:45-10:45am (3 lanes)	BB CAMP 10:00-11:30am (3 lanes) ENDS 8/3	Aqua Fitness 9:00-11:00am OOA Sr Splash 9:45-10:45am (3 lanes)	SAW Lessons 9:30-12:00pm (3 Lanes)	Family Swim 12:00-3:00pm (2 lanes)	Lap Swim 12:00-3:30pm (4 lanes)
Lap Swim 10:00-11:30am (3 lanes) 11:30-5:00pm (6 lanes) 5:00-7:00pm (3 lanes) 7:00-8:30pm (6 lanes)	Lap Swim 9:30-11:00am (3 lanes) 11:00-12:00pm (6 lanes)	Lap Swim 10:00-11:30am (3 lanes) 11:30-5:00pm (6 lanes) 5:00-7:00pm (3 lanes) 7:00-8:30pm (6 lanes)	Lap Swim 9:00-11:00am (3 lanes) 11:00-12:00pm (6 lanes)	Lap Swim 12:00-4:00pm (6 lanes) 3:00-7:30pm (4 lanes)		Family Swim 12:00-3:00pm (2 lanes)
	CAMP 12:00-3:00pm (2 lanes)		CAMP 12:00-3:00pm (2 lanes)	Family Swim 4:00-7:00pm (2 lanes)		
	Lap Swim 12:00-3:00pm (4 lanes)		Lap Swim 11:00-12:00pm (6 lanes) 12:00-3:00pm (4 lanes)	Aqua Zumba 2nd & 4th Friday 6:00-7:00pm (2 Lanes)		
	POOL AREA CLOSED 3:00-4:00pm		CAMP 12:00-3:00pm (2 lanes)			
	Lap Swim 4:00-8:30pm (6 lanes)		Lap Swim 3:00-8:30pm (6 lanes)			

POOL NOTES LAP SWIM POLICIES

- Share a lane
- Circle Swim or Split a Lane
- Let swimmers know before you join a lane
- **Limit lap swim to 45 minutes during peak times**

SWIM LESSONS

- Group lessons take place in lanes 1-3. Schedule on Reverse
- Private lessons are scheduled throughout the week. Lanes are reserved as indicated.

AQUATICS DIRECTOR
Marshall Pickard
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SWIM LESSON COORDINATOR
Erin Myers
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LIGHTNING SWIM TEAM
Gwyn Atkinson, Head Coach
GAtkinson@rosesymca.org
www.swimlany.com

SWIM TEST & BANDS

Youth **12 & Under** require swim test wristbands. Non-swimmers with a **RED BAND** requires a guardian (18+) in the water within arms reach and **MUST WEAR** a life jacket.

POOL AREA CLEANING & CLOSING

The pool, hot tub, and sauna will be closed every Tuesday from **3:00 pm until 4 pm** for cleaning.

HOT TUB & SAUNA CLEANING

The hot tub and sauna will be closed from approximately **8:30 am to 4 pm every other Wednesday** for cleaning and disinfecting.

THUNDER & LIGHTNING POLICY

The indoor pool, sauna, hot tub, and pool decks will be cleared during a thunderstorm or lightning storm. The pool area will remain closed for 30 minutes after the last indication of lightning or thunder is in the area.

See the Reverse for detailed program information & policies



City Pool Classes & Programs

Pool Hours

Mon, Wed, Thur
5:00 am – 8:30 pm

Tuesday
5:00 am – 2:30 pm
4:00 pm – 8:30 pm

Friday
5:00 am – 7:30 pm

Saturday & Sunday
7:00 am – 3:30 pm

Aqua Tone Class

Mon, Wed, & Fri
8:30 am - 9:30 am

Aqua Tone increases strength while avoiding the risks of high-impact exercise in the comfort of the pool.

No Registration Required

OOA Class

Tues & Thurs
9:45 am - 10:45 am

The Lancaster County Office of Aging sponsors indoor aquatic exercise classes year-round. Classes are for individuals 60 and older (members & non-members).

Certified instructors will lead participants through a one-hour class that incorporates cardiovascular and strength exercises.

Aquatic exercise is a low-impact activity, and has been shown to increase flexibility and improve muscle strength and cardiovascular endurance.

No Registration Required

Aqua Zumba Class

2nd & 4th Friday of the Month
July 25, August 8 & 22
6:00 pm - 7:00 pm

Aqua Zumba® mixes Zumba® and aqua fitness to create a safe, challenging, water-based workout. It's called a Zumba® "Pool Party" for a reason!

No Registration Required

Aqua Fitness

Mon, Wed, Fri 8:00 am - 10:00 am
Tues & Thur 9:00 am - 11:00 am

Two lanes are reserved for any adult who is actively walking, using water weights, or any other water fitness exercises.

YMCA Lightning Swim Team

The Lancaster Lightning is a YMCA and USA Swimming-sanctioned club whose athletes compete locally, regionally, and nationally. The Lightning is dedicated and committed to developing successful people through competitive swimming.

Lancaster Thunder Masters/Tri Swim Club

Our Masters swim program provides experienced coaches who provide workouts emphasizing stroke mechanics, endurance, and speed training for swimmers. Whether you want to improve, drop time, or compete at Master Swim meets, we will work with you to meet your swimming goals.

Register Online

NEW SESSION STARTS — FALL 2025

July/August Swim Lessons

Monday 5:00 pm - 7:00 pm
Wednesday 4:30 pm - 8:00 pm
Saturday 8:45 am - 11:30 am

We offer all levels of preschool, youth, teen, and adult lessons. Private Lessons are offered based on availability.

FALL Registration Opens August 4th

Family & Open Swim Times

Fri 4:00 pm - 7:00 pm
Sat 12:00 pm - 3:00 pm
Sun 12:00 pm - 3:00 pm

Enjoy the water for leisure, relaxation, or play. ***Familie's can ONLY swim during designated times.***

Youth **12 & Under** require swim test and wristbands.

RED BAND: Noin-swimmers require a guardian (18+) in the water within arms reach and they **MUST WEAR** a life jacket and stay in stay in shallow water are that is roped off.

YELLOW BAND: **MUST** stay in shallow water area that is roped off. Children 5 & under **MUST** have an adult 18 & over in the water at **ALL** times. Children 6-12 **MUST** have a parent poolside (**NOT** in the Hot Tub or Sauna).

GREEN BAND: 5 & Under **MUST** have an adult 18 years & older in the water in the deep end. Adult 18 years & older may be poolside when in shallow water (**NOT** in the Hot Tub or Sauna).

Children 6 & up may swim in any depth with parent at the pool side at all times (**NOT** in the Hot Tub or Sauna).

Guards will administer all swim tests.

SWIM LESSONS

Scan the
QR Code
to view our
Swim Lesson
Programs



LIGHTNING SWIM TEAM

Scan the
QR Code
to learn about
the YMCA
Swim Team



SIGN-UP FOR UPDATES

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Alerts & Updates

