



# City Pool Schedule

## August 9 – Sept. 7

**\*Schedule Subject to Change**

### Pool Hours

**Mon, Wed, Thur**  
5:00 am – 8:30 pm

**Friday**  
5:00 am – 7:30 pm

**Tuesday**  
5:00 am – 2:30 pm  
4:00 pm – 8:30 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 7:00-8:45am (4 lanes)	Lap Swim 7:00-10:00am (6 lanes)
Aqua Fitness 8:00-11:00am	Master Swim 6:00-8:00am (2 Lanes)	Lap Swim 8:00-11:00am (4 lanes)	Master Swim 6:00-8:00am (2 Lanes)	Aqua Fitness 8:00-11:00am	Master Swim 7:00-8:45am (2 Lanes)	12:00-3:00pm (4 lanes)
Aqua Tone 8:30-9:30am (2 lanes)	Swim Team 6:30-9:30am (4 Lanes) 8/12 & 8/19	Aqua Fitness 8:00-11:00am	Swim Team 6:30-9:30am (4 Lanes) 8/14	Aqua Tone 8:30-9:30am (2 lanes)	Lap Swim 8:45-3:00pm (4 lanes)	Family Swim 12:00-3:00pm (2 lanes)
Lap Swim 8:00-11:00am (4 lanes)	Lap Swim 6:00-8:00am (4 lanes)*	Lap Swim 11:00-5:00pm (6 lanes)	Lap Swim 6:00-8:00am (4 lanes)*	Lap Swim 8:00-11:00am (4 lanes)	Family Swim 12:00-3:00pm (2 lanes)	
Lap Swim 11:00-5:00pm (6 lanes)	8:00-9:30am (6 lanes)*	5:00-7:00pm (3 lanes)	8:00-9:30am (6 lanes)*	11:00-4:00pm (6 lanes)		
5:00-7:00pm (3 lanes)	Aqua Fitness 9:30-11:00am	7:00-8:30pm (6 lanes)	Aqua Fitness 9:30-11:00am	Family Swim 4:00-7:00pm (2 lanes)		
7:00-8:30pm (6 lanes)	OOA Sr Splash 9:45-10:45am (3 lanes)	Swim Team 5:30-7:00pm (4 Lanes) 8/27 <b>NO LAP SWIM</b> 9/3 <b>LAP SWIM</b> 2 LANES	OOA Sr Splash 9:45-10:45am (3 lanes)	Lap Swim 4:00-7:00pm (4 lanes)		
Swim Team 5:30-7:00pm (4 Lanes) 8/25 <b>NO LAP SWIM</b>	Lap Swim 9:30-11:00am (3 lanes)		Lap Swim 9:30-11:00am (3 lanes)	Aqua Zumba 2nd & 4th Friday 6:00-7:00pm (2 Lanes)		
POOL AREA CLOSED GUARD TRAINING Mon, August 25th 7:00pm – 8:30pm	11:00-3:00pm (6 lanes)		Lap Swim 11:00-8:30pm (6 lanes)			
	POOL AREA CLOSED 3:00-4:30pm					
	Lap Swim 4:00-8:30pm (6 lanes)					

### \*LAP LANES LIMITED

On the following dates & times, lap lanes will be limited due to swim team practice and programming.

8/12, 8/14, 8/19: 6:30 - 8:00 am 0 Lanes  
8:00 - 9:30 am 2 lanes  
8/25, 8/27 5:30 - 7:00 pm 0 lanes  
9/3 5:30 - 7:00 pm 2 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  
[MPickard@rosesymca.org](mailto:MPickard@rosesymca.org)

#### SWIM LESSON COORDINATOR

Erin Myers  
[EMyers@rosesymca.org](mailto:EMyers@rosesymca.org)

#### LIGHTNING SWIM TEAM

Gwyn Atkinson, Head Coach  
[GAtkinson@rosesymca.org](mailto:GAtkinson@rosesymca.org)  
[www.swimlany.com](http://www.swimlany.com)

### SWIM TEST & BANDS

Youth **12 & Under** require a swim test wristband. Non-swimmers with a **RED BAND** swimmers require a guardian (18+) in the water within arms reach and they **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 4:30 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 Now!**

**NEW SESSION STARTS — 9/22/2025**

## 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 8th**

## 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. **Families can ONLY swim during designated times.**

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

**RED BAND: Non-swimmers** require a guardian (18+) in the water within arms reach and they **MUST WEAR** a life jacket and stay in shallow water 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

Scan the  
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Alerts & Updates

