



City Pool Schedule Sept. 8 – Sept. 21

***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 5:00-6:30am (2 lanes)	Lap Swim 5:00-6:00am (6 lanes)	Lap Swim 5:00-6:30am (2 lanes)	Swim Team 7:00-9:00am (5 lanes)	Lap Swim 7:00-12:00pm (6 lanes)
Aqua Fitness 8:00-11:00am Aqua Tone 8:30-9:30am (2 lanes)	Master Swim 6:00-8:00am (2 Lanes)	Swim Team 5:00-6:30am (4 Lanes)	Master Swim 6:00-8:00am (2 Lanes)	Swim Team 5:00-6:30am (4 Lanes)	Master Swim 7:00-9:00am (1 Lane)	12:00-3:00pm (4 lanes)
Lap Swim 8:00-11:00am (4 lanes)	Lap Swim 6:00-8:00am (4 lanes) 8:00-9:30am (6 lanes)	Lap Swim 6:30-8:00am (6 lanes) 8:00-11:00am (4 lanes)	Lap Swim 6:00-8:00am (4 lanes) 8:00-9:30am (6 lanes)	Lap Swim 6:30-8:00am (6 lanes)	Lap Swim 7:00-9:00am (0 lanes) 9:00-12:00pm (3 lanes)	Family Swim 12:00-3:00pm (2 lanes)
Lap Swim 11:00-5:00pm (6 lanes) 5:00-5:30pm (4 Lanes)	Aqua Fitness 9:30-11:00am OOA Sr Splash 9:45-10:45am (3 lanes)	Aqua Fitness 8:00-11:00am Aqua Tone 8:30-9:30am (2 lanes)	Aqua Fitness 9:30-11:00am OOA Sr Splash 9:45-10:45am (3 lanes)	Aqua Fitness 8:00-11:00am Aqua Tone 8:30-9:30am (2 lanes)	Family Swim 12:00-3:00pm (2 lanes)	
Swim Team 5:30-7:00pm (4 Lanes)	Lap Swim 9:30-11:00am (3 lanes) 11:00-2:30pm (6 lanes)	Family Swim 11:00-1:00pm (2 lanes)	Lap Swim 9:30-11:00am (3 lanes) 11:00-5:00pm (6 lanes)	Lap Swim 8:00-11:00am (4 lanes) 11:00-7:30pm (6 lanes)	Lap Swim 12:00-3:00pm (4 lanes)	
Lap Swim 5:30-7:00pm (0 lanes) 7:00-8:30pm (4 lanes)	POOL AREA CLOSED 2:30-4:00pm	Lap Swim 11:00-1:00pm (4 lanes) 1:00-5:00pm (6 lanes)	Swim Team 5:00-7:00pm (4 Lanes)	Aqua Zumba 2nd & 4th Friday 6:00-7:00pm (2 Lanes)		
	Lap Swim 4:00-5:00pm (4 lanes)	Swim Team 5:30-7:15pm (4 Lanes)	Lap Swim 5:00-7:00pm (0 lanes) 7:00-8:30pm (5 lanes)			
	Swim Team 5:00-7:00pm (4 Lanes)	Lap Swim 5:00-7:15pm (0 lanes) 7:15-8:30pm (4 lanes)				
	Lap Swim 5:00-7:00pm (0 lanes) 7:00-8:30pm (4 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

SWIM LESSON COORDINATOR

Erin Myers


EMyers@rosesymca.org

LIGHTNING SWIM TEAM

Gwyn Atkinson, Head Coach

GAtkinson@rosesymca.org

www.swimlany.com

See the Reverse 
**for detailed program
information & policies**

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 **2:30 pm until 4:00 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.



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
September 12 & 26
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 - 11:00 am
Tues & Thur 9:30 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 — 9/23/2025

Sept/October Swim Lessons

Monday 5:00 pm - 8:00 pm
Tuesday 4:30 pm - 8:00 pm
Wednesday 5:00 pm - 8:00 pm
Saturday 9:00 am - 11:30 am

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

Family & Open Swim Times

Wed 11:00 am - 1:00 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 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

Scan the
QR Code
to Receive Text
Alerts & Updates

