



## Arthur J. Glatfelter Branch Natatorium Pool Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

1/21/2025-03/20/2026	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>** These classes have a fee and must be register in advanced to take them.</b></p> <p><b>Propper swim wear is required.</b></p> <p>Multiple activities are often scheduled in this pool at the same time.</p> <p><b>Lap Swimming Times:</b> Available for all adult and youth able to do continuous laps of swimming. Youth under 11 must have an adult in the pool area.</p> <p><b>Family/Open Swim:</b> Recreational time for members and families to enjoy pool time. Children must follow swim band policy below.</p> <p><b>Swim Bands:</b> Everyone under 13 must be swim tested.</p> <p><b>Green Band:</b> Children under 11 years old must have a parent in pool area. Children ages 11 - 12, parent must be in building.</p> <p><b>Yellow Band:</b> Parent must be on pool deck actively watching their child.</p> <p><b>Red Band:</b> Parent must be in pool within arm's reach of child.</p> <p><b>*Schedule is subject to change.*</b></p>	<p>5:30-9:00am <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>9:00-10:00am <b>AOA Aquacise</b> (lanes 5&amp;6) <b>Lap Swim</b> (lanes 1-4)</p> <p>10am-11:30am <b>**Homeschool Swim</b> (lanes 1)</p> <p>10:00am-12:00pm <b>Lap Swim</b> (lanes 2-4) <b>Water Walking</b> (lanes 5&amp;6)</p> <p>12:00-1:00pm <b>Arthritis Aquatics</b> (lanes 5&amp;6) <b>Lap Swim</b> (lanes 1-4)</p> <p>1:00-2:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p><b>Pool Closed</b> 2:00-4:00pm</p> <p>4:00-5:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5 &amp; 6)</p> <p>5:30-7:30pm <b>RLAC Swim Team</b> (lanes 1&amp;2) <b>Lap Swim</b> (lanes 3&amp;4) <b>Open Swim</b> (lanes 5&amp;6)</p>	<p>5:30am-2:00pm <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>9:00-10:00am <b>AOA Aquacise</b> (lanes 1-4) <b>Lap Swim</b> (lanes 1-4)</p> <p>11:00am-12:00pm <b>WaterinMotion</b> Orginal starting on February 10</p> <p>12:00-1:00pm <b>Arthritis Aquatics</b> (lanes 5&amp;6) <b>Lap Swim</b> (lanes 1-4)</p> <p>1:00-2:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p><b>Pool Closed</b> 2:00-4:00pm</p> <p>4:00-5:30pm <b>West York</b> <b>Swim Team</b> (lanes 1-6) <b>NO OPEN SWIM</b></p> <p>5:00-7:15pm <b>**Swim Lessons</b> (lanes 5&amp;6)</p> <p>5:30-7:30pm <b>RLAC Swim Team</b> (lanes 1&amp;2) <b>Lap Swim</b> (lanes 3&amp;4) <b>Swim Lessons</b> (lanes 5&amp;6)</p>	<p>5:30-9:00am <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>9:00-10:00am <b>AOA Aquacise</b> (lanes 5&amp;6) <b>Lap Swim</b> (lanes 1-4)</p> <p>10:00am-2:00pm <b>Lap Swim</b> (lanes 1-4) <b>Water Walking</b> (lanes 5&amp;6)</p> <p>12:00-1:00pm <b>Arthritis Aquatics</b> (lanes 5&amp;6) <b>Lap Swim</b> (lanes 1-4)</p> <p>1:00-2:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p><b>Pool Closed</b> 1:00-4:00pm</p> <p>4:00-5:30pm <b>West York</b> <b>Swim Team</b> (lanes 1-6) <b>Open Swim</b> (lanes 5 &amp; 6)</p> <p>5:30-7:30pm <b>RLAC Swim Team</b> (lanes 1&amp;2) <b>Lap Swim</b> (lanes 3&amp;4) <b>Open Swim</b> (lanes 5&amp;6)</p>	<p>5:30-9:00am <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>9:00am-11:30am <b>Lap Swim</b> (lanes 1-4) <b>**Swim Lessons</b> (lanes 5&amp;6)</p> <p>10:00am-12:00pm <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>12:00-1:00pm <b>Arthritis Aquatics</b> (lanes 5&amp;6) <b>Lap Swim</b> (lanes 1-4)</p> <p>1:00-2:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p><b>Pool Closed</b> 2:00-4:00pm</p> <p>4:00-5:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5 &amp; 6)</p> <p>5:30-7:45pm <b>**Swim Lessons</b> (lanes 5&amp;6)</p> <p>5:30-7:30pm <b>RLAC Swim Team</b> (lanes 1&amp;2) <b>Lap Swim</b> (lanes 3&amp;4) <b>Swim Lessons</b> (lanes 5&amp;6)</p>	<p>7:00-9:00am <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>9:00am-11:30am <b>Lap Swim</b> (lanes 1-4) <b>**Swim Lessons</b> (lanes 5&amp;6)</p> <p>11:30am-1:30pm <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>1:00-2:00pm <b>Arthritis Aquatics</b> (lanes 5&amp;6) <b>Lap Swim</b> (lanes 1-4)</p> <p>2:00-3:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p><b>Pool Hours:</b> Monday - Wednesday 5:30am-2:00pm 4:00-7:30pm</p> <p>Thursday 5:30am-1:00pm 4:00pm-7:30pm</p> <p><b>Friday:</b> 5:30am-2:00pm 4:00pm-7:30pm</p> <p><b>Saturday:</b> 7:00am-1:30pm</p> <p><b>Sunday:</b> 1:00pm-4:00pm</p>	<p>1:00-4:00pm <b>Lap Swim</b> (lanes 1-4) <b>Open Swim</b> (lanes 5&amp;6)</p> <p>4:00-5:00pm <b>Lap Swimming</b> (lanes 1-4) <b>Open Swim</b> (lanes 5 &amp; 6)</p> <p>5:30-7:30pm <b>RLAC Swim Team</b> (lanes 1&amp;2) <b>Lap Swim</b> (lanes 3&amp;4) <b>Open Swim</b> (lanes 5&amp;6)</p>	<p><b>Arthur J. Glatfelter YMCA</b> <b>90 N. Newberry St.</b> <b>York, PA 17401</b> <b>P: 717-843-7884</b> <b>rosesymca.org</b></p>