

Lifeguard Classes

Lifeguard classes may use up to 3 pool lanes intermittently. Expect classes to disrupt the normal schedule on Friday evenings and the full day on Saturday and Sunday. Please plan ahead.

Lifeguard

March 20-22

April 24-26

Recent

February 7

May 3 | May 23

LSHS Swim Team Schedule Changes

Meets – Pool Closed 3:00 – 7:30 pm

Thursday, January 27

No Practice – Extra Lap Lanes!

Thursday, January 29

Thursday, February 5

Friday, February 6



No Electronics on Deck



While at our facility, cell phone and laptop use is not allowed on the pool deck, including photography. This rule helps protect children from potential abuse, and protects the privacy of all members.

Blue Band Rules for Youth Swimmers

We want to promote the ability of youth to be able to swim laps for physical conditioning and to improve endurance.

Youth are welcome to swim during regular lap swim hours. During Adult Lap Swim, youth who earn a blue band will have access to lap lanes for endurance and training.

The following will apply for testing:

- Must schedule an appointment with the Aquatic Director or Executive 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 ctolan@rosesymca.org or msiers@rosesymca.org

Rules for Blue Band swimmers:

- Must get the blue band at the Membership Desk when they enter
- This time is for swimming laps and not for recreational play
- Any swimmer 12 and under requires a parent on the pool deck at all times. No exceptions.
- If the rules are not followed the swimmer will lose the privilege of swimming during Adult Lap Swim.