



City Pool Schedule

Jan. 21 – Feb. 8

*Schedule Subject to Change

MON

TUES

WED

THURS

FRI

SAT

SUN

Lap Swim
5:00-8:00am
(6 lanes)

8:00-11:00am
(4 lanes)

Aqua Fitness
8:00-11:00am

Aqua Tone
8:30-9:30am
(2 lanes)

Lap Swim
11:00-5:15pm
(6 lanes)

Swim Team
5:30-7:00pm
(4 Lanes)

Lap Swim
5:15-7:00pm
(0 lanes)
7:00-8:30pm
(4 lanes)

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Lap Swim
5:00-6:00am
(6 lanes)

Master Swim
6:00-8:00am
(2 Lanes)

Thunder
Master Swim
6:15-7:30am
2 Lanes

Lap Swim
6:00-7:30am
(2 lanes)
8:00-9:30am
(6 lanes)
9:30-11:00am
(3 lanes)

Aqua Fitness
9:30-11:00am
OOA Sr Splash
9:45-10:45am
(3 lanes)

Lap Swim
11:00-2:30pm
(6 lanes)

**POOL AREA
CLOSED
2:30-4:00pm**

Lap Swim
4:00-5:00pm
(4 lanes)

Swim Team
5:00-8:30pm
(4 Lanes)

Lap Swim
5:00-7:00pm
(0 lanes)
7:00-8:30pm
(2 lanes)

Lap Swim
5:00-6:30am
(2 lanes)

Swim Team
5:00-6:30am
(4 Lanes)

Lap Swim
6:30-8:00am
(6 lanes)
8:00-11:00am
(4 lanes)

Aqua Fitness
8:00-11:00am
Aqua Tone
8:30-9:30am
(2 lanes)

Family Swim
11:00-1:00pm
(2 lanes)

Lap Swim
11:00-3:00pm
(4 lanes)
3:00-4:30pm
(6 lanes)
4:30-5:30pm
(4 lanes)

Swim Team
5:30-7:15pm
(4 Lanes)

Lap Swim
5:30-7:15pm
(0 lanes)
7:15-8:30pm
(6 lanes)

Lap Swim
5:00-6:00am
(6 lanes)

Master Swim
6:00-8:00am
(2 Lanes)

Thunder
Master Swim
6:15-7:30am
2 Lanes

Lap Swim
6:00-8:00am
(4 lanes)
8:00-9:30am
(6 lanes)
9:30-11:00am
(3 lanes)

Aqua Fitness
9:30-11:00am
OOA Sr Splash
9:45-10:45am
(3 lanes)

Lap Swim
11:00-5:00pm
(6 lanes)
3:00-4:30pm
(6 lanes)
4:30-5:30pm
(4 lanes)

Swim Team
5:00-8:30pm
(4 Lanes)

Lap Swim
5:00-7:00pm
(2 lanes)
7:00-8:30pm
(2 lanes)

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

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

LAP LANES CLOSED/LIMITED

Sunday 2/1 2:00-3:30 **NO LAP LANES**

Thursday 2/5 7:00-8:30 pm **3 Lanes Only**

Friday 2/6 5-7:30 pm **1-2 Lanes Only**

Sunday 2/15 2:00-3:30 **NO LAP LANES**

POOL NOTES

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.

SWIM TEST & BANDS

Youth **12 & Under** require a swim test and corresponding wristband. See Reverse for details.

POOL AREA CLEANING & CLOSING

The pool, hot tub, and sauna will be closed every Tuesday from **2:30 pm to 4:00 pm** for cleaning.

See the Reverse for detailed  program information & policies



City Pool Classes & Programs

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 year-round indoor aquatic exercise classes for adults 60 and older (members & non-members). Certified instructors lead one-hour, low-impact workouts that build strength, flexibility, and cardiovascular endurance. *No Registration Required*

Aqua Zumba® Class

2nd & 4th Friday of the Month
On Hiatus for Winter
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

Tues & Thurs 6:15 am - 7:30 am

Our Masters Swim program offers expert coaching focused on stroke technique, endurance, and speed. Whether you're training to improve, drop time, or compete at meets, we'll help you reach your goals.

Register Online Now!

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

Jan/Feb Swim Lessons

Monday 5:15 pm - 7:00 pm
Tuesday 4:40 pm - 7:00 pm
Wednesday 1:50 pm - 3:00 pm
..... 4:50 pm - 6:00 pm
Friday 11:00 am - 11:30 am
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
Friday 5:00 pm - 7:00 pm
Sat 12:00 pm - 3:00 pm
Sun 11:30 am - 1:30 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.

HOT TUB & SAUNA CLEANING

The hot tub and sauna is 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.

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

