





# 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** 1:45 pm - 3:00 pm

4:30 pm - 6:30 pm

**Friday.....** 11:00 am - 11:30 am

**Saturday.....** 9:00 am - 12:00 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 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



## 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.