



# City Pool Schedule

## April 1 - April 26

**\*Schedule Subject to Change**

### 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

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 7:00-11:30pm (6 lanes)
8:00-11:00am (4 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)	11:30-1:30 (4 lanes)
Aqua Fitness 8:00-11:00am	Thunder Master Swim 6:15-7:30am 2 Lanes	Lap Swim 6:30-8:00am (6 lanes)	Thunder Master Swim 6:15-7:30am 2 Lanes	Lap Swim 6:30-8:00am (6 lanes)	Lap Swim 7:00-9:00am (0 lanes)	Family Swim 11:30-1:30pm (2 lanes)
Aqua Tone 8:30-9:30am (2 lanes)	Lap Swim 6:00-7:30am (2 lanes)	8:00-11:00am (4 lanes)	Lap Swim 6:00-7:30am (2 lanes)	8:00-11:30am (4 lanes)	Lap Swim 9:00-12:00pm (3 lanes)	Lap Swim 1:30-3:30pm (6 lanes)
Lap Swim 11:00-5:15pm (6 lanes)	8:00-9:30am (6 lanes)	Aqua Fitness 8:00-11:00am	8:00-9:30am (6 lanes)	Aqua Fitness 8:00-10:30am	Swim Lessons 9:00-12:00pm (2-3 Lanes)	
Swim Team* 5:30-8:30pm (4 Lanes)	9:30-11:00am (3 lanes)	Aqua Tone 8:30-9:30am (2 lanes)	9:30-11:00am (3 lanes)	Aqua Tone 8:30-9:30am (2 lanes)	Family Swim 12:00-3:00pm (2 lanes)	
Swim Lessons 5:15-8:00pm (2 Lanes)	Aqua Fitness 9:30-11:00am	Family Swim 11:00-1:00pm (2 lanes)	Aqua Fitness 9:30-11:00am	SAW 10:30-11:30am (2 lanes)	Lap Swim 12:00-3:00pm (4 lanes)	
Lap Swim 5:15-7:00pm (0 lanes)	OOA Sr Splash 9:45-10:45am (3 lanes)	Lap Swim 11:00-3:00pm (4 lanes)	OOA Sr Splash 9:45-10:45am (3 lanes)	Lap Swim 11:30-5:00pm (6 lanes)		
7:00-8:30pm (2 lanes)	SAW 10:30-11:30am (2 lanes)	3:00-4:30pm (6 lanes)	SAW 10:30-11:30am (2 lanes)	Family Swim 5:00-7:00pm (2 lanes)		
	Lap Swim 10:45-11:30am (4 lanes)	4:30-5:30pm (4 lanes)	Lap Swim 11:00-5:30pm (6 lanes)	Lap Swim 5:00-7:00pm (4 lanes)		
<b>GET TEXT UPDATES</b> Scan the QR Code	<b>POOL AREA CLOSED 2:30-4:00pm</b>	Swim Lessons 1:30-3:00 (2 lanes)	Swim Team* 5:30-7:30pm (4 Lanes)	Aqua Zumba 2nd & 4th Friday 6:00-7:00pm (2 lanes)		
	Lap Swim 4:00-4:30pm (4 lanes)	4:30-6:30pm (2 lanes)	Lap Swim 5:30-7:30pm (2 lanes)			
	5:30-7:30pm (0 lanes)	Swim Team* 5:30-8:30pm (4 Lanes)	730-8:30pm (6 lanes)			
	7:30-8:30pm (6 lanes)	Lap Swim 5:30-6:30pm (0 lanes)				
	Swim Lessons 4:30-7:00pm (2 lanes)	6:30-8:30pm (2 lanes)				
	Swim Team* 5:30-7:30pm (4 Lanes)					

### LAP LANES CLOSED/LIMITED

Saturday 4/4\* .....**ALL DAY** Limited Lap Lanes (2-3)  
 Friday 4/10\* .....5:00 - 6:30 Limited Lap Lanes (2-3)  
 Saturday 4/11\* ...12:00-3:30 Limited Lap Lanes (2-3)  
 Sunday 4/12\* .....11:00-3:30 Limited Lap Lanes (2-3)  
 Sunday 4/19 & 4/26 ... 2:00-3:30 **No Lap Lanes**  
 \*Lifeguard Classes: Times are Subject to Change. **NO FAMILY** swims during these times

### POOL NOTES

#### SAFETY AROUND WATER (SAW)

Starts on April 7th - 10:30-11:30 am T/Th/F

#### SWIM TEAM

Evening schedule starts the week of April 13<sup>th</sup>  
 Morning schedule on April 20<sup>th</sup>

**AQUATICS DIRECTOR**  
 Marshall Pickard  
[MPickard@rosesymca.org](mailto:MPickard@rosesymca.org)



# 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 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**  
**April 10<sup>th</sup> & 24<sup>th</sup> – 6:00-7:00 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.

Gwyn Atkinson, Head Coach  
[GAtkinson@rosesymca.org](mailto:GAtkinson@rosesymca.org)  
[www.swimlany.com](http://www.swimlany.com)

### 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!**

### Session I Swim Lessons

**Monday .....5:15 pm - 8:00 pm**  
**Tuesday.....4:30 pm - 7:00 pm**  
**Wednesday 1:30 pm - 3:00 pm**  
**4:30 pm - 6:30 pm**  
**Saturday.....9:00 am - 12:00 pm**

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

#### SWIM LESSON COORDINATOR

Erin Myers | [EMyers@rosesymca.org](mailto:EMyers@rosesymca.org)

### 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** MUST complete a swim test and wear 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 a roped-off shallow-water area.

**YELLOW BAND: MUST** stay in the 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. Adults 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 a parent/guardian (18+) at the poolside at all times (**NOT** in the Hot Tub or Sauna).

Aquatics Staff will administer all swim tests.

Youth **12 & Under** require swim test and wristbands.

### HOT TUB & SAUNA CLEANING

The hot tub and sauna is closed from approximately **8:30 am to 6 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

