



City Pool Schedule May 23 - June 7

***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) 8:00-11:00am (4 lanes)	Lap Swim 5:00-6:00am (6 lanes) Master Swim 6:00-8:00am (2 Lanes)	Lap Swim 5:00-6:30am (2 lanes) Swim Team 5:00-6:30am (4 Lanes)	Lap Swim 5:00-6:00am (6 lanes) Master Swim 6:00-8:00am (2 Lanes)	Lap Swim 5:00-6:30am (2 lanes) Swim Team 5:00-6:30am (4 Lanes)	Swim Team 7:00-9:00am (5 lanes) Master Swim 7:00-9:00am (1 Lane)	Lap Swim 7:00-12:00pm (6 lanes) 12:00-3:00 (4 lanes)
Aqua Fitness 8:00-11:00am Aqua Tone 8:30-9:30am (2 lanes)	Lap Swim 6:00-8:00am (4 lanes) 8:00-9:30am (6 lanes) 9:30-10:30am (3 lanes)	Lap Swim 6:30-8:00am (6 lanes) 8:00-11:00am (4 lanes)	Lap Swim 6:00-8:00am (4 lanes) 8:00-9:30am (6 lanes) 9:30-10:30am (3 lanes)	Lap Swim 6:30-8:00am (6 lanes) 8:00-11:30am (4 lanes)	Lap Swim 7:00-9:00am (0 lanes) 9:00-12:00pm (3 lanes)	Family Swim 12:00-3:00pm (2 lanes)
Lap Swim 11:00-4:30pm (6 lanes) 4:30-5:30pm (4 lanes)	Aqua Fitness 9:30-11:00am OOA Sr Splash 9:30-10:30am (3 lanes)	Aqua Fitness 8:00-11:00am Aqua Tone 8:30-9:30am (2 lanes)	Aqua Fitness 9:30-11:00am OOA Sr Splash 9:30-10:30am (3 lanes)	Aqua Fitness 8:00-10:30am Aqua Tone 8:30-9:30am (2 lanes)	Swim Lessons 9:00-12:00pm (2-3 Lanes) Family Swim 12:00-3:00pm (2 lanes)	
Swim Lessons 4:30-8:00pm (2 Lanes)	CAMP 12:00-3:00pm Starts June 2 (3 lanes)	Family Swim 11:00-1:00pm (2 lanes)	CAMP 12:00-3:00pm Starts June 2 (3 lanes)	Lap Swim 11:30-5:00pm (6 lanes)	Lap Swim 12:00-3:00pm (4 lanes)	
Swim Team 5:30-8:30pm (4 Lanes)	Lap Swim 10:30-12:00pm (4 lanes) 12:00-2:30pm* (3 lanes)	Lap Swim 11:00-4:00pm (4 lanes) 4:00-4:30pm (6 lanes) 4:30-5:30pm (4 lanes)	Lap Swim 10:30-12:00pm (4 lanes) 12:00-3:00pm (3 lanes) 3:00-8:30pm (6 lanes)	Family Swim 5:00-7:00pm (2 lanes)	Lap Swim 12:00-3:00pm (4 lanes)	
Lap Swim 5:30-8:00pm (0 lanes) 8:00-8:30pm (2 lanes)	POOL CLOSED 2:30-4:00pm*	Swim Lessons 1:30-4:00 (2 lanes) 4:30-8:00pm (2 lanes)		Lap Swim 5:00-7:30pm (4 lanes)	Lap Swim 5:00-7:30pm (4 lanes) Aqua Zumba 2nd & 4th Friday 6:00-7:00pm (2 lanes)	
GET TEXT UPDATES Scan the QR Code 	Lap Swim 4:00-4:30pm (6 lanes) 4:30-8:00pm (6 lanes) 8:00-8:30pm (6 lanes)	Swim Lessons 4:30-8:00pm (2 Lanes)	Lap Swim 5:30-8:00pm (0 lanes) 8:00-8:30pm (2 lanes)			

LAP LANES CLOSED/LIMITED

Friday 6/12 & 6/26 ... 6:00-7:00 AQUA ZUMBA
Friday 6/5 4:00-5:00 Limited Lap Lanes (2-3)
Saturday 6/6* 8:00 - 4:00 Limited Lap Lanes (2-3)
Friday 6/12* 5:00-9:00 Limited Lap Lanes (2-3)
Saturday 6/13* ... 1:00 - 4:00 Limited Lap Lanes (2-3)
Sunday 6/14* 8:00-3:30 Limited Lap Lanes (2-3)
*Lifeguard Classes: Times are Subject to Change. **NO FAMILY** swims during these times

POOL NOTES

New swim team schedule starts: June 8
Summer Swim Session II Starts June 27
Pool Cleaning: Starting June 2: 3:00-4:00 **POOL CLOSED** for Cleaning

AQUATICS DIRECTOR
Marshall Pickard
MPickard@rosesymca.org
SWIM LESSON COORDINATOR
Erin Myers | EMyers@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
9:30 am - 10:30 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
June 12th & 26th – 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
www.swimlany.com

Lancaster Thunder Masters/Tri Swim Club

Tues & Thurs 6:15 am - 7:30 am
Will Resume after the Summer

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.

Session II Swim Lessons

April 27 - June 20
Monday4:30 pm - 8:00 pm
Tuesday.....4:30 pm - 8:00 pm
Wednesday 1:30 pm - 4:00 pm
4:30 pm - 8:00 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.

Summer Swim Session II Starts June 27
Registration Opens: May 31

Family & Open Swim Times

Wed.....11:00 am - 1:00 pm
Friday.....5:00 pm - 7:00 pm
Sat12:00 pm - 3:00 pm
Sun.....12:00 pm - 3:00 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

