



# City Pool Schedule June 27 - July 22

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

**LAP LANES CLOSED or LIMITED**  
 Tuesday 7/7 (4 lanes)  
                   11:15-12:00 LIVESTRONG®  
 Friday 7/10 & 7/24 (4 lanes)  
                   6:00-7:00 pm AQUA ZUMBA

**POOL NOTES**  
 Summer Swim Session starts June 27th

**Pool Cleaning:** Starting June 9th  
 3:00-4:00 **POOL CLOSED** for Cleaning

**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 **CLOSED** during a thunderstorm or lightning storm.



# 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 12<sup>th</sup> & 26<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**  
*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.

### Summer Swim Lessons

**June 27 - August 11**  
**Monday .....4:30 pm - 8:00 pm**  
**Tuesday.....4:30 pm - 7:00 pm**  
**Friday ..... 3:30 pm - 4:45 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

**Friday .....5:00 pm - 7:00 pm**  
**Sat .....12:00 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 **CLOSED** 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

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Alerts & Updates

