



City Pool Schedule July 27 – August 9

***Schedule Subject to Change**

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

MON

Lap Swim
5:00-8:00am
(6 lanes)
8:00-11:00am
(4 lanes)
11:00-12:00pm
(6 lanes)

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

Lap Swim
12:00-4:30pm
(6 lanes)

Swim Lessons
4:30-8:00pm
(2-3 Lanes)

Lap Swim
4:30-8:00pm
(3-4 lanes)
8:00-8:30pm
(6 lanes)

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TUES

Lap Swim
5:00-6:00am
(6 lanes)
6:00-7:30am
(2-4 lanes)
7:30-9:30am
(6 lanes)

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

**Thunder
Master Swim
6:15-7:30am
2 Lanes
Starts Aug. 4**

Lap Swim
9:30-10:30am
(3 lanes)
10:30-11:00am
(5 lanes)
11:00-12:00pm
(6 lanes)

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

**CAMP
12:00-3:00pm
(3 lanes)**

Lap Swim
12:00-3:00pm
(3 lanes)

**POOL CLOSED
3:00-4:00pm**

Lap Swim
4:00-4:30pm
(6 lanes)
4:30-7:00pm
(4 lanes)
7:00-8:30pm
(6 lanes)

Swim Lessons
4:30-7:00pm
(2 Lanes)

WED

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--8:30pm
(6 lanes)

THURS

Lap Swim
5:00-6:00am
(6 lanes)
6:00-7:30am
(2-4 lanes)
7:30-9:30am
(6 lanes)

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

**Thunder
Master Swim
6:15-7:30am
2 Lanes
Starts Aug. 4**

Lap Swim
9:30-10:30am
(3 lanes)
10:30-11:00am
(5 lanes)
11:00-12:00pm
(6 lanes)

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

**CAMP
12:00-3:00pm
(3 lanes)**

Lap Swim
12:00-3:00pm
(3 lanes)
3:00-8:30pm
(6 lanes)

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.

FRI

Lap Swim
5:00-8:30am
(6 lanes)
8:30-9:30am
(4 lanes)

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

**SAW
9:30-11:30am
(3 lanes)**

Lap Swim
9:30-11:30am
(3 lanes)
11:30-12:00pm
(6 lanes)
12:00-3:30pm
(6 lanes)

Swim Lessons
3:30-4:45pm
(2 Lanes)

Lap Swim
3:30-7:00pm
(4 lanes)
7:00-7:30pm
(6 lanes)

Family Swim
5:00-7:00pm
(2 lanes)

**Aqua Zumba
2nd & 4th Friday
6:00-7:00pm
(2 lanes)**

SAT

Master Swim
7:00-9:00am
(2 Lane)

Lap Swim
7:00-9:00am
(4 lanes)
9:00-12:00pm
(3 lanes)

**Swim Lessons
9:00-12:00pm
(2-3 Lanes)**

Family Swim
12:00-3:00pm
(2 lanes)

Lap Swim
12:00-3:00pm
(4 lanes)
3:00-3:30pm
(6 lanes)

LAP LANES CLOSED or LIMITED

Friday 8/7* (1-2 Lanes)
5:00-7:30 pm
Saturday 8/8* (2-3 Lanes)
1:00 - 3:30 pm
Sunday 8/9*
11:00-3:30 pm

**Lifeguard Classes: Times are Subject
to Change. NO FAMILY swims during
these times.*

Friday 8/14 & 8/28 (4 lanes)
6:00-7:00 pm AQUA ZUMBA

POOL NOTES

Fall Swim Session starts
Septmeber 7th.

Registration Opens:

Members: August 9th

Non-embers: August 16th

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
August 14th & 28th — 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.

Ryan Sullivan, Head Coach
RSullivan@rosesymca.org
www.swimlany.com

Lancaster Thunder Masters/Tri Swim Club

Tues & Thurs 6:15 am - 7:30 am
STARTS AUGUST 4th!

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 22

Monday4:30 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.

Fall Swim Session I Starts September 7th
Member Registration Opens: August 9th
Non-member: August 16th

Family & Open Swim Times

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 **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

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Swim Lesson
Programs



LIGHTNING SWIM TEAM

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to learn about
the YMCA
Swim Team



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