



City Pool Schedule

September 21 – November 1

***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

Lap Swim
5:00-8:30am
(6 lanes)
8:30-9:30am
(4 lanes)
9:30-11:00am
(5 lanes)

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

Lap Swim
11:00-4:00pm
(6 lanes)
4:00-5:45pm
(0 lanes)

Swim Team
4:00-5:30pm
(6 Lanes)
5:30-5:45pm
(4 Lanes)

Swim Lessons
5:30-7:15pm
(3 Lanes)

Lap Swim
5:45-7:15pm
(3 lanes)
7:15-8:30pm
(6 lanes)

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TUES

Lap Swim
5:00-6:00am
(6 lanes)
6:00-7:15am
(1-2 lanes)
7:15-8:00am
(4 lanes)
8:00-9:30am
(6 lanes)

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

Thunder Swim
6:00-7:15am
2-3 Lanes

Lap Swim
9:30-10:30am
(3 lanes)
10:30-12:30pm
(5 lanes)
12:30-1:30
(3 lanes)
1:30-2:30
(6 lanes)

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

SAW
12:30-1:30pm
(3 lanes)

**POOL CLOSED
2:30-4:00pm**

Lap Swim
4:00-4:30pm
(6 lanes)
4:30-5:00pm
(4 lanes)
5:00-7:00pm
(0 lanes)
7:00-8:30pm
(6 lanes)

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

Swim Team
5:00-7:00pm
(4 Lanes)

WED

Lap Swim
5:00-6:30am
(2 lanes)
Swim Team
5:00-6:30am
(4 Lanes)

Lap Swim
6:30-8:30am
(6 lanes)
8:30-9:30am
(4 lanes)
9:30-11:00am
(5 lanes)
11:00-12:30pm
(4 lanes)
12:30-1:00pm
(1-2 lanes)
1:00-1:30
(3 lanes)
1:30-4:00
(5 lanes)

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

Family Swim
11:00-1:00pm
(1-2 lanes)

SAW
12:30-1:30pm
(3 lanes)

Swim Lessons
2:30-4:00pm
(1 lane)
5:30-7:15pm
(2 Lanes)

Swim Team
4:00-5:30pm
(6 Lanes)
5:30-6:15pm
(3 Lanes)

Lap Swim
4:00-5:30
(0 lanes)
5:30-6:15pm
(1 lane)
6:15-7:15pm
(3 lanes)
7:15-8:30
(6 lanes)

THURS

Lap Swim
5:00-6:00am
(6 lanes)
6:00-7:15am
(1-2 lanes)
7:15-8:00am
(4 lanes)
8:00-9:30am
(6 lanes)

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

Thunder Swim
6:00-7:15am
2-3 Lanes

Lap Swim
9:30-10:30am
(3 lanes)
10:30-12:30pm
(5 lanes)
12:30-1:30
(3 lanes)

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

SAW
12:30-1:30pm
(3 lanes)

Lap Swim
1:30-5:00
(6 lanes)
5:00-7:00pm
(2 lanes)

Swim Team
5:00-7:00pm
(4 Lanes)

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

POOL AREA CLEANING & CLOSING

The pool, hot tub, and sauna will
be closed every **Tuesday** from
2:30 pm to 4:00 pm for cleaning.

FRI

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

Swim Team
5:00-6:30am
(4 Lanes)

Lap Swim
6:30-8:30am
(6 lanes)
8:30-9:30am
(4 lanes)
9:30-11:00am
(5 lanes)

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

Lap Swim
11:00-5:00pm
(6 lanes)
5:00-7:00pm
(4 lanes)

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

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

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

SAT

Swim Team
7:00-9:00am
(4-5 Lanes)
9:00-10:30am
(4 Lanes)

Master Swim
7:00-8:15am
(1-2 Lanes)

Swim Lessons
8:30-12:00pm
(2-3 Lanes)

Lap Swim
7:00-10:30am
(0 lanes)
10:30-12:00pm
(3-4 lanes)

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

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

SUN

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

Lap Swim
7:00-9:00am
(4 lanes)
9:00-12:00am
(6 lanes)
12:00-3:00
(4 lanes)
3:00-3:30pm
(6 lanes)

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

LAP Lanes CLOSED or LIMITED

Friday 9/25..... 6-7:00pm
2 lanes Only

Sunday 10/4..... 8:00-3:30
Lifeguard Class: 2 Lanes
Lap Lanes Limited

Friday 10/9..... 6-7:00pm
2 lanes Only

Sunday 10/18 ... 2:00-3:30
No Lap Lanes

Friday 10/23..... 6-7:00pm
2 lanes Only

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
September 11th & 25th — 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

One lane is designated 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 6:00 am - 7:15 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. Each session runs four weeks for a total of eight practices.

Fall Swim Lessons

September 8 - October 26

Monday 5:30 pm - 7:15 pm

Tuesday 4:45 pm - 7:00 pm

Wednesday 2:45 pm - 3:00 pm

5:30 pm - 7:15 pm

Saturday 8:30 am - 12:00 pm

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

Family & Open Swim Times

Wednesday 11:00 am - 1:00 pm

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

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LIGHTNING SWIM TEAM

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the YMCA
Swim Team



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