City Pool Schedule

November 2 – November 15

*Schedule Subject to Change

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)
6:00-6:45am
(3 lanes)
6:45-7:15am
(1 lane)
7:15-8:00am
(4 lanes)
8:00-9:30am
(6 lanes)

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

Master Swim
6:45-8:00am
(2 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
(4 Lanes)

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

THURS

Lap Swim
5:00-6:00am
(6 lanes)
6:00-6:45am
(3 lanes)
6:45-7:15am
(1 lane)
7:15-8:00am
(4 lanes)
8:00-9:30am
(6 lanes)

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

Master Swim
6:45-8:00am
(2 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)

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)
4:00-5:00pm
(5 lanes)
5:00-7:00pm
(4 lanes)

Swim Lessons
4:10-5:15pm
(1 Lane)

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

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

SAT

Swim Team
7:00-9:00am
(6 Lanes)

Lap Swim
7:00-9:00am
(0 lanes)
10:30-12:00pm
(3-4 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)

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)

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

Lap Lanes CLOSED or LIMITED

Sunday 11/1...2:00-3:30
NO LAP LANES
Sunday 11/15.2:00-3:30
NO LAP LANES
Friday, 11/27: 12-3 Family Swim (**3-4 Lap 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.

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
RESUMES IN THE SPRING!

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.

Winter I Swim Lessons

November 2 - December 19
Monday .....5:30 pm - 7:15 pm
Tuesday.....4:45 pm - 7:00 pm
Wednesday....2:15 pm - 3:30 pm
5:30 pm - 7:15 pm
Friday.....4:10 pm - 5:15 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.

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
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