Lampeter- Strasburg Indoor Pool

November 23 through December 19

Schedule subject to change without notice

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Hours:

Monday, Wednesday, and Friday:
5:00 am- 12:00 pm
3:00 pm- 7:30 pm

Tues. & Thurs.:
5:00 am- 7:30 pm

Saturday:
7:00 am- 3:30 pm

Sunday:
10:00 am- 3:30 pm

Pool Etiquette:

- Obey the Lifeguard at all times
- Be courteous and share a lane during peak times. Join a lane with a similarly abled swimmer
- When joining a lap lane in use, be sure that everyone in the lane understands you'll be getting in
- Split a lane with two swimmers; each person takes a side of the lane (right or left)
- Circle swim with three or more swimmers; swim down the right side of the lane each way and stay close to the lane line. Abilities should be similar to allow swimmers to pass at the wall. Swimmers needing a break should do so at the corner of the lane
- When the pool is busy, the guard may ask you to switch lanes to someone of similar abilities for your safety
- The guard may combine lanes 1 & 2 for aquacise depending on occupancy
- Lanes 1 & 2 are preferred lanes for water walking, jogging, and aquacising

Lap Swimming:

Is open to those that have the ability to swim multiple laps continuously. Lanes may be added or decreased based on availability.

ADULT LAP SWIM:

18+ See above
Or pass the Lap swim test and receive blue band (see back for details)

Accommodations:

Our Aquatics Staff will do their best to meet individual Members' needs based off of the multiple activities scheduled in our pool.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-12:00 Lap Swim (5 Lanes)	5:00-7:00 Lap Swim (4 Lanes)	5:00-7:00 Lap Swim (5 Lanes)	5:00-7:00 Lap Swim (5 Lanes)	5:00-9:00 Lap Swim (5 Lanes)		LIFEGUARD CLASS November 27-29
	7:00-7:45 Deep Intervals (3 Lanes) Lap Lanes: 2	7:00-7:45 Deep Intervals (3 Lanes) Lap Lanes: 2	7:00-7:45 AquaFit PT (2 Lanes) Lap Lanes: 3		7:00-8:30 Lap Swim (5 Lanes)	
	7:45-9:30 Lap Swim (4 Lanes)	7:45-9:00 Lap Swim (4 Lanes)	7:45-9:00 Lap Swim (4 Lanes)		8:30-12:00 Swim Lessons (2 Lanes) Swim Team (3 Lanes) Adult Lap Swim	
	9:30-2:05 Adult Lap Swim (2 Lanes) LS Second Grade Swim Lessons (3 Lanes)**	9:00-9:45 OOA Senior Splash (5 Lanes) Lap Lanes: 1	9:00-12:15 Adult Lap Swim (3 Lanes) Swim Lessons (2 Lanes)**	9:00 - 12:00 Family Swim (2 Lanes) Lap Swim (3 Lanes)	12:00-3:30* Lap Swim (3 Lanes) Family Swim (2 Lanes)	10:00-3:30* Lap Swim (3 Lanes) Family Swim (2 Lanes)
		10:00-12:00 Lap Swim (4 Lanes)				
12-3 Closed	Lap Swim	12-3 Closed	Family Swim Lap Swim	12-3 Closed		
3:00-5:15 Swim Team (4 Lanes) Lap Swim (1 Lane)	3:15-5:15 Swim Team (4 Lanes) Lap Swim (1 Lane)	3:00-5:15 Swim Team (4 Lanes) Lap Swim (1 Lane)	3:15-5:15 Swim Team (4 Lanes) Lap Swim (1 Lane)	3:00-5:15 Swim Team (4 Lanes) Lap Swim (1 Lanes)		
5:15-7:30 Adult Lap Swim (1 Lane) Swim Lessons (4 Lanes)**	5:15-7:30 Adult Lap Swim (3 Lane) Swim Lessons (2 Lanes)**	5:15-7:30 Adult Lap Swim (1 Lane) Swim Lessons (4 Lanes)**	5:15-6:30 Lap Swim (5 Lanes) 6:30-7:30 Adult Lap Swim (3 Lanes) Swim Team (2 Lanes)**	5:15-7:30 Family Swim (2 Lanes) Lap Swim (3 Lanes)		

ADDITIONAL INFO

*Birthday Parties and/or Lifeguard classes may be in the pool at this time.

Youth aged 12 and under require swim test wristbands. Non-swimmers with RED BANDS require parent in the water.

During lessons the pool space will be limited to Lessons and Adult lap swim. The splash area will not be available. No members in lesson lanes.

See back for schedule changes

**Lanes are reserved for this program only at this time.

Lampeter- Strasburg YMCA
800 Village Road, Lancaster, PA, 17602
717-464-4000 rosesymca.org

Swim Lesson Coordinator:
Cora Minder
cminder@rosesymca.org

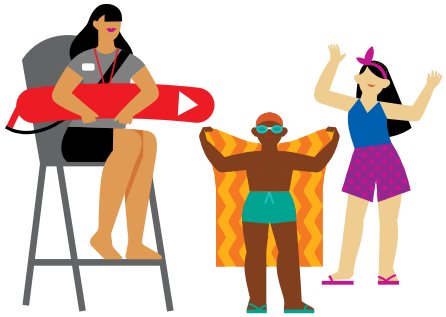
Aquatics Director:
Corinne Tolan
ctolan@rosesymca.org

Lifeguard Classes

Lifeguard classes will use 3 pool lanes intermittently. Expect classes to disrupt the normal schedule on Friday evenings and the full day on Saturday and Sunday. Please plan ahead.

Lifeguard

November 27-29
March 19-21
April 9-11
April 30-May 2



Recert

December 27
February 20-21
April 4
May 23

LSHS Swim Team Schedule Changes

No Practice - Extra Lap Lanes!

November 25
November 27
December 4
December 8
December 15
December 21
December 28
December 30

Meets - Pool Closed 3:00 - 7:30 PM

December 1 (Pool reopens at 5:15)
December 17
January 5
January 19
January 26

No Electronics on Deck

While at our facility, cell phone and laptop use is not allowed on the pool deck, including photography. This rule helps protect children from potential abuse, and protects the privacy of all members.

Blue Band Rules for Youth Swimmers

We want to promote the ability of youth to be able to swim laps for physical conditioning and to improve endurance.

Youth are welcome to swim during regular lap swim hours. During Adult Lap Swim, youth who earn a blue band will have access to lap lanes for endurance and training.

The following will apply for testing:

-Must schedule an appointment with the Aquatic Director or Executive Director (only)
-Has completed the green band test
-Can complete a 100-yard non-stop swim utilizing a competitive stroke (freestyle, backstroke, breaststroke, butterfly) of their choice
-Tests are limited to one per week and can be scheduled at ctolan@rosesymca.org or msiers@rosesymca.org

Rules for Blue Band swimmers:

- Must get the blue band at the Membership Desk when they enter
-This time is for swimming laps and not for recreational play
-Any swimmer 12 and under requires a parent on the pool deck at all times. No exceptions.
-If the rules are not followed the swimmer will lose the privilege of swimming during Adult Lap Swim.