

the Y SMALL POOL SCHEDULE

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	STAIR HALF		STAIR HALF		STAIR HALF		STAIR HALF		STAIR HALF		STAIR HALF	
5:00am												
6:00am												
7:00am	OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM	OPEN SWIM	OPEN SWIM		OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
8:00am				OPEN SWIM				OPEN SWIM				
8:30am												
9:00am	GROUP WATER		CAMP		GROUP WATER		CAMP		GROUP WATER		YOUTH SWIM LESSONS	YOUTH SWIM LESSONS
10:00am	GROUP WATER		CAMP		GROUP WATER		CAMP		GROUP WATER			
10:30am												
11:00am	CAMP				CAMP				CAMP	OPEN SWIM		
12:00pm												
12:30pm	CAMP		CAMP		CAMP		CAMP		CAMP			
1:00pm												
3:00pm												
4:00pm												
4:30pm												
5:15pm												
5:30pm	YOUTH SWIM LESSONS							YOUTH SWIM LESSONS	OPEN SWIM	OPEN SWIM		
6:00pm		OPEN SWIM	YOUTH SWIM LESSONS	YOUTH SWIM LESSONS	OPEN SWIM	YOUTH SWIM LESSONS		YOUTH SWIM LESSONS				
6:15pm												
6:30pm												
7:00pm				OPEN SWIM				YOUTH SWIM LESSONS	OPEN SWIM			
7:15pm												
8:00pm	OPEN SWIM		OPEN SWIM	YOGA		OPEN SWIM	OPEN SWIM	YOGA				
8:30pm												
9:15pm												

SUMMER 2019



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING TO STAY HEALTHY

2019 SUMMER Pool Schedule

LAKELAND FAMILY YMCA

SAFE POOLS HAVE RULES

1. All children under the age of 10 must be accompanied by an adult Y member.
2. Breath-holding activities are not permitted in Y Pools.
3. Shower before you enter the pool.
4. Proper swimming attire must be worn at all times.
5. Running on the deck, in the locker rooms, showers or hallways is not permitted.
6. Food, soda, gum or candy are not permitted in the Aquatics Center.
7. Horseplay of any kind will not be tolerated.
8. Hanging on the float lines or lap lanes is not permitted.
9. NO DIVING.
10. Dry off before leaving the pool area.
11. Enter the water facing forward.
12. Persons with bandages, open cuts and wounds are not allowed in the pool.
13. Children under 3 should be potty trained or wear swim diapers.
14. The lifeguard's word is final. Lifeguards will not tolerate inappropriate behavior.



