



# MELROSE FAMILY YMCA POOL SCHEDULE

September 5 to October 29, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:55am Lap Swim (4)	5:00-8:55am Lap Swim (4)	5:00-8:55am Lap Swim (4)	5:00-8:55am Lap Swim (4)	5:00-8:55am Lap Swim (4)	6:30-9:00am Lap Swim (4)	6:30-7:55am Lap Swim (4)
9:00-9:55am Water Fitness (3)** Lap Swim (1)	9:00-9:55am Water Fitness (3)** Lap Swim (1)	9:00-9:55am Water Fitness (3)** Lap Swim (1)	9:00-9:55am Water Fitness (3) Lap Swim (1)	9:00-9:55am Water Fitness (3) Lap Swim (1)	8:30-8:55am Lessons (1) Lap Swim (3)	8:00-8:55am Lessons (2) Lap Swim (2)
10:00-11:15am Lessons & Hydro Pilates (3) Lap Swim (1)	10:00-11:00am Swim Fit (3) Lap Swim (1)	10:00-11:45am Lessons & Hydro Pilates (3) Lap Swim (1)	10:00-11:00am Swim Fit (3) Lap Swim (1)	10:00-10:50am Lessons & Hydro Pilates (3) Lap Swim (1)	9:00-12:40am Lessons (4)	9:00-12:30pm Lessons (4)
11:15-11:50am Lessons (2) Lap Swim (2)	11:00-12:00pm Lessons (2) Lap swim (2)		11:00-12:00pm Lessons (2) Lap Swim (2)	10:50-11:50am Lessons (2) Lap Swim (2)		12:30-12:45pm Lessons (2) Lap Swim (2)
11:55-12:55pm Lap Swim (4)	12:00-12:55pm Lap Swim (4)	11:50-12:55pm Lap Swim (4)	12:00-12:55pm Lap Swim (4)	11:55-12:55pm Lap Swim (4)	12:45-1:20pm Open Swim (2) Lap Swim (1) Swim Lesson (1)	12:45-1:30pm Open Swim (2) Lap Swim (1)
1:00-1:55pm AQUATIC STRETCH** (4)	1:00-1:55pm AQUATIC STRETCH** (4)	1:00-1:55pm AQUATIC STRETCH** (4)	1:00-1:55pm AQUATIC STRETCH** (4)	1:00-1:45pm Water Zen (2) Lap Swim (2)	1:25-5:00pm Open Swim (3) Lap Swim (1)	1:30-2:30pm <i>Tentative Pool Reservation. Call Y to check availability Open Swim/Lap if Available</i>
2:00-3:25pm Open Swim (2) Lap Swim (2)	2:00-3:25pm Open Swim (2) Lap Swim (2)	2:00-3:25pm Open Swim (2) Lap Swim (2)	2:00-3:25pm Open Swim (2) Lap Swim (2)	1:50-3:25pm Open Swim (2) Lap Swim (2)		
3:30-4:45pm Lessons (4)	3:30-5:15pm Lessons (4)	3:30-4:45pm Lessons (4)	3:30-5:15pm Lessons (4)			
4:45-7:25pm Swim Team (4)	5:15-8:00pm Swim Team (4)	4:45-8:00pm Swim Team (4)	5:00-8:00pm Swim Team (4)	3:30-7:30pm Swim Team (4)		
7:30-8:30pm Water Exercise** (3) Lap Swim (1)  Open Swim (shallow end only)	8:00-9:00pm Lap Swim (4)	8:00-9:00pm Lessons (2) Lap Swim (2)	8:00-9:00pm Water Exercise (2) Lap Swim (2)	7:30-9:00pm Open Swim (2) Lap Swim (2)		
8:30-9:00pm Lap Swim (4)				**During fitness classes, we welcome adults to quietly use the opposite end for aqua jogging or therapy use.		

\*Lane availability is subject to change at staff's discretion.\*

## POOL SAFETY RULES

- **Follow all lifeguard directions.** They are responsible for the safety of all swimmers.
- **Showers are required immediately** before entering the pool. This is Massachusetts State law (and a good idea!)
- **Do not run** on the pool deck.
- **Children swimming with flotation** must be accompanied by an adult in the water and remain in the shallow end of the pool.
- **Children under 7** must be accompanied by an adult in the pool with an arm's reach and in eyesight at all times regardless of swim ability.
- **Children under 18** must pass a swim test to use deep end of the pool. Lifeguard can Swim test anyone they feel is unsafe in deep end.
- Only **swim diapers** are allowed in the pool.
- Swim bubbles, swim belts and Lifejackets are the **only flotation devices** allowed in the pool. Swim bubbles are available for sale at the front desk.
- **Bathing suits must be worn.** No cut-offs
- People with **open wounds, rashes or sores** are not allowed to swim.
- **Horseplay** is not allowed.
- **Kickboards, barbells and other pool toys** are for swim lessons and Water Aerobics only.
- **Food, gum and glass** are not allowed on the pool deck.
- **Diving** is for the deep end only.

## OPEN SWIM ETIQUETTE

- During Open Swim, swimmers must be accompanied by an adult age 7 years old or older.
- Children under 18 have to pass a swim test to use Deep end of Pool.
- Colored swim bands will be given out each day after the safety swim test is performed.
- Green band – Passed swim test; allowed to go in the deep end and make use of the slide and diving board.
- Red Band - Shallow end swimmer only
- Swimmers who have not passed the swim test who are 10 years & under or shorter than 48" are required to wear a PFD.

## LAP SWIM ETIQUETTE

- swimmers per lane (8).
- Please swim in designated lap swim areas only. Lanes are for those ages 14 and older unless given permission by director.
- Acknowledge and respect your fellow swimmers when you are sharing a lane.
- If you are swimming faster than someone you are sharing a lane with, gently tap their foot to let them know you are behind them, and then proceed to pass.
- Scheduled lap lanes will change on holidays, school early release or school vacations and inclement weather.
- Food, gum and glass are not allowed on the pool deck.
- Diving is for the deep end only.