



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TORIGIAN FAMILY YMCA

Indoor Pool Schedule

April 16–22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-8:25am Adult Lap (5) Casual Lap (1) Adult Swim (2)	5-6:15am/ 7:35-8:25am Adult Lap (5) Casual Lap (1) Adult Swim (2) 6:15-7:35am Adult Lap (3) Casual Lap (1) Adult Swim (2) Adult Club (2)	5-6:25am/ 7:30-8:25am Adult Lap (5) Casual Lap (1) Adult Swim (2) 6:30-7:30am Aqua Zumba (3) *** Adult Lap (5)	5-6:15am/ 7:35-8:25am Adult Lap (5) Casual Lap (1) Adult Swim (2) 6:15-7:35am Adult Lap (3) Casual Lap (1) Adult Swim (2) Adult Club (2)	5am -8:25am Adult Lap (5) Casual Lap (1) Adult Swim (2)	7:00-9:00am Adult Lap (5) Casual Lap (1) Adult Swim (2) 8am-Adult Swim	7:00-8:55am Adult Lap (5) Casual Lap (1) Adult Swim (2)
8:30-9:00am Adult Lap (3) Deep End Water Fitness (5) ***	8:30-9:00am Adult Lap (2) Stretch-n-Tone (5) ***	8:30-9:00am Adult Lap (3) Tabata (5) ***	8:30-9:00am Adult Lap (3) Power Splash (5) ***	8:30-9:00am Adult Lap (3) Strength & Bal- ance Fit. (5) ***	9:00-12:00pm Adult Lap (5) Family Swim (3)	9:00-12:00pm Adult Lap (1) Family Swim (3)
9:00-10:00am Adult Lap (3) Interval/Water Barre(5) ***	9:00-10:00am Adult Lap (2) Power Splash (6) ***	9:00-10:00am Adult Lap (3) Stretch & Focus (5) ***	9:00-10:00am Adult Lap (3) Water Fitness (5) ***	9:00-10:00am Adult Lap (2) Water Fitness (6) ***	12-12:45pm Adult Lap (5) Family Swim(3)	12-12:45pm Adult Lap (5) Family Swim (3)
10am-12pm Adult Lap (5) Family Swim (3)	10-11:45am Adult Lap (3) Open Swim & Lessons Shared (3/5)	10am-12pm Adult Lap (5) Family Swim (3)	10am-12pm Adult Lap (5) Family Swim	10am-12pm Adult Lap (5) Family Swim (3)	12:45-2:00pm Adult Lap (2) Open swim (3) Tentative Party (2)	12:45-2:00pm Adult Lap (3/5) Open swim (3) Tentative Party (2)
12pm-3:00pm Adult Lap (5) Open Swim (3)	11:45-3:30pm Adult Lap (5) Open Swim & Lessons Shared (3)	12pm-3pm Adult Lap (5) Open Swim (3)	12pm-3pm Adult Lap (5) Open Swim (3)	12pm-3pm Adult Lap (5) Open Swim(3)	2:00-3:00pm Adult Lap (5) Open Swim (3)	2:00-3:00pm Adult Lap (5) Open Swim (3)
3:00-4:30pm Adult Lap (3) Open Swim (2)	3:30-4:30pm Adult Lap (3) OpenSwim (2) Lessons (3)	3:00-4:30pm Adult Lap (3) Open Swim (2) Lessons (2)	3:00-4:30pm Adult Lap (3) Open Swim (2)	3:00-4:30pm Adult Lap (3) Open Swim (2)	3:00-4:00pm Adult Lap (2) Open swim (3) Tentative Party (2)	3:00-4:00pm Adult Lap (2) Open swim (3) Tentative Party (2)
4:30-5:10pm Adult Lap (5) Open Swim(3)	4:30-5:10pm Adult Lap (2) Open Swim(2) Lessons (4)	4:30-5:10pm Adult Lap (3) Open Swim (3) Lessons (2)	4:30-5:10pm Adult Lap (5) Open Swim(3)	4:30-5:10pm Adult Lap (5) Open Swim(3)	4:00-5:45pm Adult Lap (5) Open Swim (3)	4:00-5:45pm Adult Lap (5) Open Swim (3)
5:10-6:00 Lessons (5) Adult Lap (3)	5:10-6:00 Open Swim (5) Adult Lap (3)	5:10-6:00 Lessons (5) Adult Lap (3)	5:10-6:00 Open Swim (5) Adult Lap (3)	5:10-6:00 Open Swim (5) Adult Lap (3)	<p>NOTES:</p> <p>***During adult Water Fitness classes we welcome adults to quietly use the opposite end of the pool.</p> <p>Hot Tub will be closed for cleanings on Fridays from 12:00-3:00pm.</p> <p>Pool Schedule changes on Holidays.</p> <p>Lifeguards have authority to modify lane availability.</p>	
6:15-7:00pm Water Fit. (4) *** Adult Lap (4)	6:15-7:00pm TBC Fitness(4) *** Adult Lap (4)	6:15-7:00pm Boot Camp (3) Adult Lap (5)	6:15-7:00pm Zumba (3)*** Adult Lap (5)	6:00-7:45pm Adult Lap (5) Open Swim(3)		
7:00-8:30pm Adult Lap (5) Open Swim (3)	6:15-7:00pm TBC Fitness(4) *** Adult Lap (4)	7:00-8:30pm Adult Lap (5) Open Swim (3)	7:00-8:30pm Adult Lap (5) Open Swim (3)	7:00-8:30pm Adult Lap (5) Open Swim (3)		
8:30-9:45pm Adult Lap (6) Open Swim(2)	8:30-9:45pm Adult Lap (6) Open Swim(2)	8:30-9:45pm Adult Lap (6) Open Swim(2)	8:30-9:45pm Adult Lap (6) Open Swim(2)	7:00-9pm Adult Lap (5) Open Swim (3)		

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.
- All swimmers with **hair longer than ear length** must have their hair tied back or in a swim cap!
- **Children under 7** must be accompanied by an adult in the pool with an arm's reach and in eye sight 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 floatation devices** allowed in the pool. Swim bubbles are available for sale at the front desk.
- **Bathing suit material must be worn.** No cut-offs
- People with **open wounds, rashes or sores** are not allowed to swim.
- **Horseplay** is not allowed.
- **Noodles**, and swim toys are available for Family Swim and Open Swim.
- **Kickboards, barbells, flippers and other pool toys** are for swim lessons and Water Aerobics only.
- **Food, gum and glass** are not allowed on the pool deck.
- **Jumping and Diving** is for the deep end only.

FAMILY SWIM/ OPEN REC ETIQUETTE

- During Family Swim, swimmers must be accompanied by an adult age 18 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 diving board.
- Red Band - Shallow end swimmer only.
- Swimmers who have not passed their swim test who are 10 years & under or shorter than 50" are required to wear a PFD unless accompanied by an adult in the water.
- Lane availability is subject to

LAP SWIM ETIQUETTE

- Lap swimmers must share lanes if there is not an open lane.
- Swimming should be in a circle-swim pattern, making a loop. This allows the maximum number of 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, then proceed to pass.
- Scheduled lap lanes will change on holidays, school early release or school vacations