



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LYNN YMCA

Pool Schedule

Sept. 3rd-Dec 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-8:15am Adult Lap (6)	5:30am-9am Adult Lap (6)	5:30am-8:15am Adult Lap (6)	5:30am-9am Adult Lap (6)	5:30am-8:15am Adult Lap (6)	7:45-9am Adult Lap (6)	8am-10am Adult Lap (6)
8:15am-9:15am Best Choice(3) Adult Lap(3)	9am-10am Aqua Fitness(3) Adult Lap(3)	8:15am-9:15am Best Choice(3) Adult Lap(3)	9am-10am Aqua Fitness(3) Adult Lap(3)	8:15am-9:15am Best Choice(3) Adult Lap(3)	9am-12pm Swim Lesson(5) Adult Lap(1)	10am-2:30pm Swim Lesson(4) Adult Lap(2)
9:15-10:15am Adult Lap(3) Aqua Fitness(3)	10:15-11:15am Pre-School Lesson(3) Adult Lap(3)	9:15-10:15am Aqua Fitness(3) Adult Lap(3)	10:15-11:15am Pre-School Lesson(3) Adult Lap(3)	9:15-10:30am Adult Lap(6)	12pm-1pm Swim Lesson(3) Adult Lesson(3)	2:20pm-4pm Family Swim(3) Adult Lap(3)
10:30-11:30am Zabota(4) Adult Lap(2)	11:30am-1pm Family Swim(2) Adult Lap(4)	10:30-11:30am Zabota(4) Adult Lap(2)	11:30am-1pm Family Swim(2) Adult Lap(4)	10:30-11:30am Zabota(4) Adult Lap(2)	1pm-4pm Open Swin(3) Adult Swim(3)	
11:30am-1pm Family Swim(2) Adult Lap(4)	1pm-3pm Pool Closed Maintenance	11:30am-1pm Family Swim(2) Adult Laps(4)	1pm-3pm Pool Closed Maintenance	11:30am Family Swim(4) Adult Lap(2)		
1pm-3pm Adult Lap(6)	3pm-4:30pm Open swim(3) Adult Lap(3)	1pm-3:00pm Adult Lap(6)	3pm-4:30pm Open Swim(3) Adult Lap(3)	1pm-3pm Adult Lap(6)		
3pm-4:30pm Open swim(3) Adult Lap(3)	4:30pm-6:30pm Swim lessons(3) Adult lap(3)	3pm-4:30pm Open Swim(3) Adult Lap(3)	4:30pm-6:30pm Swim Lesson(3) Adult Lap(3)	3pm-4:30pm Open swim(3) Adult Lap(3)		
4:30pm-6:30pm Swim lessons(3) Adult lap(2)	6:30pm-7:30pm Aqua Fitness(4) Adult Lap(2)	4:30pm-6:30pm Swim lessons(3) Adult lap(3)	6:30pm-7:30pm Aqua Fitness/ Zumba(4) Adult Lap(2)	4:30pm-6:30pm Swim lessons(3) Adult Lap(3)		
6:30pm-7:30pm Aqua Fitness(4) Adult Lap(2)	7:30pm-8:15pm Family Swim(3) Adult Lap(3)	6:30pm-8:15pm Family Swim(3) Adult Lap(3)	7:30pm-8:15pm Family Swim(3) Adult Lap(3)	6:30pm-8:15pm Family Swim(4) Adult Lap(2)		

**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 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 flotation 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.

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 diving board.
- Red Band - Shallow end swimmer only
- Swimmers who have not passed their swim test who are 10 years & under or shorter than 48" are required to wear a PFD.

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, and then proceed to pass.
- Scheduled lap lanes will change on holidays, school early release or school vacations and inclement weather.