



MELROSE FAMILY YMCA

Pool Schedule

Updated 12/27/18

January 2 - February 17

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)	6:30-8:00am Lap Swim (4)	6:30-8:00am 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)	8:00-8:55am Triathlon (2) Lap Swim(2)	8:00-8:55am Lessons (2) Lap Swim(2)
10:00-11:15am Hydro Pilates & Lessons (3) Lap Swim (1)	10:00-11:00am Swim Fit (3) Lessons (1)	10:00-10:45am Hydro Pilates & Lessons (3) Lap Swim (1)	10:00-11:00am Swim Fit (3) Lessons (1)	10:00-10:45am Hydro Pilates & Lessons (3) Lap Swim (1)	9:00-1:45pm Lessons (4)	9:00-12:30pm Lessons (4)
11:15-11:50am Lap Swim (3) Lessons (1)	11:05-12:00pm Lap Swim (1) Lessons (3)	10:50-11:50 Lap Swim (3) Lessons (1)	11:05-12:00pm Lap Swim (3) Lessons (1)	10:50-11:50am Lap Swim (3) Lessons (1)		12:30-12:45pm Lessons (2) Open Swim (2)
11:55-12:55pm Lap Swim (4)	12:00-12:55pm Lap Swim (4)	11:55-12:55 Lap Swim (4)	12:00-12:55pm Lap Swim (4)	11:55-12:55pm Lap Swim (4)		12:45-1:30pm Open Swim (2) Lesson (2)
1:00-2:00pm** AQUATIC STRETCH (4)	1:00-2:00pm** AQUATIC STRETCH (4)	1:00-2:00pm** AQUATIC STRETCH (4)	1:00-2:00pm** AQUATIC STRETCH (4)	1:00-2:55pm Open Swim (2) Lap Swim (2)	1:45-5:30pm Open Swim (3) Lap Swim (1)	1:30-2:30pm Tentative pool reservation. Call Y to check availability. Open Swim/Lap Swim if available
2:05-2:55pm Open Swim (2) Lap Swim (2)	2:05-3:30pm	2:05-2:55pm Open Swim (2) Lap Swim (2)	2:05-3:30pm			3:00-4:00 pm Melrose High Swim Team (4)
3:00-4:00 pm Melrose High Swim Team (4)	Open Swim (2) Lap Swim (2)	3:00-4:00 pm Melrose High Swim Team (4)	Open Swim (2) Lap Swim (2)	4:00-6:30pm Swim Team (4)		
4:00-7:30pm Lessons/Swim Team (4)	3:30-8:00pm Lessons/Swim Team (4)	3:30-8:00pm Lessons/Swim Team (4)	3:30-8:00pm Lessons/Swim Team (4)	6:30-7:30pm Open Swim (2) Water Fitness(2)		
7:30-8:30pm Water Fitness (3) Lap Swim (1)				7:30-8:00pm Open Swim (2) Lap Swim (2)		
8:30-9:00pm Lap Swim (4)	8:00-9:00 pm Melrose High Swim Team (4)	8:00-9:00pm Lessons (2) Lap Swim (2)	8:00-9:00 pm Melrose High Swim Team (4)	8:00-9:00pm Lap Swim (4)	** During fitness classes, we welcome adults to quietly use the opposite end for aqua jogging or therapy use.	

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.
- **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 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.
- Food, gum and glass are not allowed on the pool deck.