



TORIGIAN FAMILY YMCA POOL SCHEDULE

January 2nd – February 24th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 – 8:25 Adult Lap (4) Open Swim (2) Swim Team (2)	5:00–8:25 Adult Lap (5) Adult Swim (3) 5:45 – 7:00 Swim Team (4)	5:00–8:25 Adult Lap (5) Adult Swim (3) 6:15–7:30 Adult Swim Club (3)	5:00–8:25 Adult Lap (5) Adult Swim (3)	5:00–8:25 Adult Lap (5) Adult Swim (3) 6:15–7:30 Adult Swim Club (3)	5:00–8:25 Adult Lap (5) Adult Swim (3) 5:45 – 7:00 Swim Team (4)	7:00 – 8:25 Adult Lap (6) Open Swim (2)
8:30 – 12:00 Adult Lap (2) Swim Lessons (6)	8:30 – 9:30 Adult Lap (3) Water Fitness (5)	8:30 – 9:30 Adult Lap (3) Water Fitness (5)	8:30 – 10:00 Adult Lap (3) Water Fitness (5)	8:30 – 9:30 Adult Lap (3) Water Fitness (5)	8:30 – 9:30 Adult Lap (3) Water Fitness (5)	8:30 – 12:00 Adult Lap (2) Swim Lessons (6)
12:05 – 5:45 Adult Lap (5) Open Swim (3) Tentative Party Rentals (2)	9:30 – 9:55 Adult Lap (1) Water Fitness (5) Preschool Swim (2)*	9:30 – 9:55 Adult Lap (1) Water Fitness (5) Preschool Swim (2)*	10:00 – 10:30 Adult Lap (4) Preschool Swim (2)* Open Swim (2)	9:30 – 9:55 Adult Lap (1) Water Fitness (5)* Preschool Swim (2)	9:30 – 9:55 Adult Lap (1) Water Fitness (5) Preschool Swim (2)*	12:05 – 5:45 Adult Lap (5) Open Swim (3) Tentative Party Rentals (2)
	10:00 – 10:30 Adult Lap (4) Preschool Swim (2)* Open Swim (2)	10:00 – 10:30 Adult Lap (4) Preschool Swim (2)* Open Swim (2)	10:35 – 11:55 Adult Lap (4) Swim Lessons (2) Open Swim (2)	10:00 – 10:30 Adult Lap (4) Preschool Swim (2) Open Swim (2)	10:00 – 11:55 Adult Lap (3) Swim Lessons (3) Open Swim (2)	
	10:35 – 11:55 Adult Lap (4) Swim Lessons (2) Open Swim (2)	10:35 – 11:55 Adult Lap (3) Swim Lessons (3) Open Swim (2)	12:00 – 2:55 Adult Lap (6) Open Swim (2)	10:35 – 11:55 Adult Lap (3) Swim Lessons (3) Open Swim (2)	12:00 – 2:55 Adult Lap (6) Open Swim (2)	
	12:00 – 2:55 Adult Lap (6) Open Swim (2)	12:00 – 2:55 Adult Lap (6) Open Swim (2)	3:00 – 3:25 Adult Lap (1) Open Swim (2) Swim Team (5)	12:00 – 2:55 Adult Lap (6) Open Swim (2)	3:00 – 3:25 Adult Lap (1) Open Swim (2) Swim Team (5)	
	3:00 – 3:25 Adult Lap (1) Open Swim (2) Swim Team (5)	3:00 – 3:25 Adult Lap (1) Open Swim (2) Swim Team (5)	3:30 – 4:30 Adult Lap (1) Swim Team (5) Swim Lessons (2)	3:00 – 3:25 Adult Lap (1) Open Swim (2) Swim Team (5)	3:30 – 4:30 Adult Lap (1) Swim Team (5) Swim Lessons (2)	
	3:30 – 4:30 Adult Lap (1) Swim Team (5) Swim Lessons (2)	3:30 – 4:30 Adult Lap (1) Swim Team (5) Swim Lessons (2)	4:35 – 5:10 Adult Lap (4) Swim Lessons (4)	3:30 – 4:30 Adult Lap (1) Swim Team (5) Swim Lessons (2)	4:35 – 5:10 Adult Lap (4) Swim Lessons (4)	
	4:35 – 5:10 Adult Lap (4) Swim Lessons (4)	4:35 – 5:10 Adult Lap (4) Swim Lessons (4)	5:15 – 6:00 Adult Lap (3) Swim Lessons (3) Little Piranhas (2)	4:35 – 5:10 Adult Lap (4) Swim Lessons (4)	5:15 – 6:00 Adult Lap (3) Swim Lessons (3) Little Piranhas (2)	
	5:15 – 6:00 Adult Lap (3) Swim Lessons (3) Little Piranhas (2)	5:15 – 6:00 Adult Lap (3) Swim Lessons (3) Little Piranhas (2)	6:00 – 7:00 Adult Lap (1) Swim Team (4) Water Fitness (3)	5:15 – 6:00 Adult Lap (3) Swim Lessons (3) Little Piranhas (2)	6:00 – 8:30 Adult Lap (2) Swim Team (3) Open Swim (2)	
	6:00 – 7:00 Adult Lap (1) Swim Team (4) Water Fitness (3)	6:00 – 7:00 Adult Lap (1) Swim Team (3) Water Fitness (3)	7:05 – 8:30 Adult Lap (2) Swim Team (4) Open Swim (2)	6:00 – 7:00 Adult Lap (1) Swim Team (3) Water Fitness (3)	8:30 – 9:00 Adult Lap (6) Open Swim (2)	
	7:05 – 8:30 Adult Lap (2) Swim Team (4) Open Swim (2)	7:05 – 8:30 Adult Lap (2) Swim Team (4) Open Swim (2)	8:30 – 9:45 Adult Lap (3) Swim Team (3) Open Swim (2)	7:05 – 8:30 Adult Lap (2) Swim Team (4) Open Swim (2)	*Preschool Swim occurs every other week We will be doing weekly maintenance on the spa on Thursdays 1pm – 4pm	
	8:30 – 9:45 Adult Lap (6) Open Swim (2)	8:30 – 9:45 Adult Lap (3) Swim Team (3) Open Swim (2)		8:30 – 9:45 Adult Lap (6) Open Swim (2)		

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. Lifeguards 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.
- **Bathing suits must be worn.** No cut-offs
- People with **open wounds, rashes, or sores** are not allowed to swim.
- **Horseplay** is not allowed.
- **Noodles** are available for Family Swim and Open Rec.
- **Kickboards, barbells and other pool toys** are for swim lessons, lap swimmers, 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 Open Swim, swimmers under 7 must be accompanied by an adult within an arm's reach
- 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 the swim test who are 10 years & under or shorter than 48" are required to wear a life jacket or puddle jumper.
- Lane availability is subject to change at staff's discretion

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.