



6 Lane Pool Schedule Summer Schedule June 10th - July 21st

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|------------------------|-------------------------|------------------------|------------------------|------------------------|------------------------|-------------|
| 5:30 | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | |
| 6:00 | 5:15-6:30am [6] | Masters Team | 5:15-6:30am [6] | Masters Team | 5:15-6:30am [6] | Masters Team | |
| 6:30 | | 5:30-6:30am [4] | | 5:30-6:30am [4] | | 6:00-7:15am [3] | |
| 7:00 | MYST | MYST | MYST | MYST | MYST | Lap Swim | |
| 7:30 | 6:30-7:00am [3] | 6:30-7:00am [3] | 6:30-7:00am [3] | 6:30-7:00am [3] | 6:30-7:00am [3] | 7:15-8:40am [6] | |
| 8:00 | 7:00-8:30am [2] | 7:00-8:30am [2] | 7:00-8:30am [2] | 7:00-8:30am [2] | 7:00-8:30am [2] | | |
| 8:30 | Lap Swim 830-9 [6] | Lap Swim | Lap Swim 830-9 [6] | | Lap Swim 830-9 [6] | Lessons | |
| 9:00 | Aqua Fit | 8:30-9:20am [6] | Adult Fitness | | Aqua Fit | 8:40-11:20am | |
| 9:30 | 9:00-9:55am [3] | | 9:00-9:55am [3] | | 9:00-9:55am [3] | [4] | |
| 10:00 | | McGaw | | | | | |
| 10:30 | | Summer Camp | | | | | |
| 11:00 | | 9:20-12:00pm [4] | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | Lap Swim | | Lap Swim | | | Lap Swim |
| 12:30 | Lap Swim | 12:00-1:00pm [6] | Lap Swim | 8:30am-3:45pm | Lap Swim | | 7:00-5:30pm |
| 1:00 | 10:00am-3:45pm | | 10:00am-3:45pm | [6] | 10:00am-3:45pm | | [6] |
| 1:30 | [6] | McGaw | [6] | | [6] | | |
| 2:00 | | Summer Camp | | | | Lap Swim | |
| 2:30 | | 1:00-3:00pm [4] | | | | 11:20-6:30pm | |
| 3:00 | | Lap Swim | | | | [6] | |
| 3:30 | | 3:00-3:45pm [6] | | | | | |
| 4:00 | MYST/Lessons | MYST/Lessons | MYST/Lessons | MYST/Lessons | MYST/Lessons | | |
| 4:30 | 3:45-4:00pm [2] | 3:45-4:00pm [2] | 3:45-4:00pm [2] | 3:45-4:00pm [2] | 3:45-4:00pm [2] | | |
| 5:00 | 4:00-6:00pm [0] | 4:00-5:15pm [0] | 4:00-6:00pm [0] | 4:00-6:00pm [0] | 4:00-6:00pm [0] | | |
| 5:30 | | 5:15-6:00pm [2] | | | | | |
| 6:00 | | Lessons | | Lessons | | | |
| 6:30 | | 6:00-6:40pm [5] | | 6:00-6:40pm [5] | | | |
| 7:00 | Lap Swim | Lap Swim | Lap Swim | Lap Swim | Lap Swim | | |
| 7:30 | 6:00-9:30pm | 6:40-9:30pm | 6:00-9:30pm | 6:40-9:30pm | 6:00-9:30pm | | |
| 8:00 | [6] | [6] | [6] | [6] | [6] | | |
| 8:30 | | | | | | | |
| 9:00 | | | | | | | |
| 9:30 | | | | | | | |

** The number inside the [] is the number of lanes open for Lap Swim

**Lane lines may be moved 5 minutes prior to the start of a class ** Lap Swimmers must be able to swim two complete laps

Private Swim Lessons may be taught during lap swim times

Proper Swim attire required-no gym shorts, street clothes or underwear permitted in the Aquatics Facility

HOT TUB IS CLOSED SUNDAYS 10:30-1:00pm for Cleaning PLEASE Shower Before entering the Aquatics Facility

The 6L Pool is maintained at 80 degrees *There may be LG swim evaluations during this time

Pool schedule subject to change without notice

Refresh & Refill August 17 - September 2nd



McGaw YMCA Family Swim Rules

Lifeguard on duty is the authority in the pool. Please pay attention when the whistle is blown:

- 1 Short Whistle: Getting your attention
- 1 Long Whistle: Time to get out
- 3 Short Whistles: EMERGENCY, get out immediately

- No one under 16 is permitted without an adult
- Anyone between 16-18 must be accompanied by a child under 12
- Adults must be accompanied by a child
- One parent/adult must be in the water for every 3 children
- Running and rough play is not allowed
- No diving, flips, twists or backward jumps
- Inappropriate language is not tolerated
- Bags, coats, food and drinks are not permitted in pool area
- Inflatable toys and flotation devices are not allowed
- Noodles and personal toys may be used at the lifeguards discretion

Requirements to swim in Deep and Middle sections of the pool:

Pass a de Must be able to tread water and float on back for 15 seconds

Deep End: Must be able to swim one length of the pool on stomach

Middle Section: Must pass deep-water test or be accompanied one on one with an adult

Las Reglas del McGaw YMCA para la Natación Familiar

El salvavidas es la autoridad en el área de la piscina. Favor de poner atención cuando suene el silbato.

1 silbatazo corto: Preste atención al salvavidas

1 silbatazo largo: Es hora de salir del agua

3 silbatazos cortos: EMERGENCIA, hay que salir del agua de inmediato

- Personas menores de los 16 años tienen que ser acompañados por un adulto
- Cualquier persona entre 16 a 18 deben estar acompañados por un niño menor de 12 años
- Los adultos tienen que traer a un niño para participar en la Natación Familiar
- Se requiere un mínimo de un adulto para cada 3 niños
- Está prohibido correr y jugar peligrosamente
- No se permiten clavados ni saltos de espalda al agua
- Vulgaridades no serán toleradas
- Bolsas, abrigos, comida y bebidas no son permitidos en el área de la piscina
- Juguetes inflados y flotadores no son permitidos
- Juguetes personales son permitidos a la discreción del salvavidas

Requisitos para nadar en el agua profunda de la piscina y la sección de en medio:

Agua Profunda: Pasar una prueba en el agua profunda: tratar agua por 15 segundos, y cruzar la piscina completa nadando boca abajo

Sección de en Medio: Pasar la prueba de agua profunda. Cada niño que no puede pasar esta prueba, tiene que ser acompañado por un adult