

# Lake View YMCA Summer Pool Schedule June 13 - August 21

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TIME
5:30								5:30
5:45								5:45
6:00								6:00
6:15								6:15
6:30								6:30
6:45								6:45
7:00								7:00
7:15		Lap 5:30 - 9:25	Lap 5:30 - 9:25	Lap 5:30 - 9:25	Lap 5:30 - 9:10	Lap 5:30 - 9:25	Lap 7:00 - 7:55	7:15
7:30								7:30
7:45								7:45
8:00	Lap 7:00 - 9:10						SKIP 8:00 - 8:30	8:00
8:15							Initial/Perch 8:30 - 9:00	8:15
8:30							Pike, Pike, Eel, Ray/Starfish 9:05-9:50	8:30
8:45							Pike, Eel, Polliwog, Guppy 9:55 - 10:40	8:45
9:00								9:00
9:15								9:15
9:30	Water Fitness 9:15 - 10:15	Joint Effort 9:30 - 10:30	Water Aerobics 9:30 - 10:30	Joint Effort 9:30 - 10:30	Water Aerobics 9:15 - 10:15	Joint Effort 9:30 - 10:30		9:30
9:45		Adult Open (Deep End)		Adult Open (Deep End)				9:45
10:00	SKIP 10:15 - 10:45				Kiddie Kamp 10:15 - 10:45			10:00
10:15								10:15
10:30	Seahorse 10:45-11:15	Pike, Pike 10:35 - 11:20	SKIP 10:30 - 11:00	Kiddie Kamp 10:30 - 11:00	Gym & Swim 10:45 - 11:15	Kiddie Kamp 10:30 - 11:00		10:30
10:45		L A P	Adult Open (Deep End) 10:30 - 11:30	Open/Family Swim 11:05 - 11:40	Adult Swim (Deep End) 10:30 - 11:30			10:45
11:00	Initial/Perch 11:15-11:45	Jr. Adventure Camp 11:25 - 12:20	SKIP 11:00 - 11:30	Gym & Swim 11:45 - 12:15	SKIP 11:15 - 11:45	Teen Camp 11:05 - 11:45	Pike, Eel, Guppy, Minnow 11:00 - 11:45	11:00
11:15	Seahorse 11:45 - 12:15		Open/Family Swim 11:35 - 12:30				Minnow, Fish, Flying Fish/Shark, Marlins 11:50 - 12:35	11:15
11:30			L A P					11:30
11:45								11:45
NOON								NOON
12:15					Lap 11:50 - 12:40			12:15
12:30	Pike, Pike 12:30 - 1:15	Lap 12:25 - 2:00	Lap 12:35 - 1:55	Lap 12:20 - 1:25		Lap 11:50 - 1:25	Pike, Eel/Ray 12:40 - 1:25	12:30
12:45					Teen Camp 12:45 - 1:25		Lap 12:40 - 1:25	12:45
1:00					Kiddie Kamp 1:30 - 2:00	Kiddie Kamp 1:30 - 2:00		1:00
1:15								1:15
1:30								1:30
1:45								1:45
2:00								2:00
2:15								2:15
2:30	Open/Family Swim 1:20 - 4:30	Open/Family Swim 2:05 - 2:45	Adventure Camp 2:00 - 3:00	Open/Family Swim 2:05 - 2:45	Adventure Camp 2:00 - 3:00	Jr. Adventure Camp 2:00 - 3:00	Lap 1:25 - 2:45	2:30
2:45	L A P	L A P		L A P				2:45
3:00								3:00
3:15		Pike, Pike, Eel/Ray 2:50 - 3:35	Open/Family Swim 3:00 - 3:35	Pike, Pike, Ray/Starfish 2:50 - 3:35	Open/Family Swim 3:00 - 3:35	Open/Family Swim 3:00 - 3:35		3:15
3:30								3:30
3:45		Pike, Pike, Ray/Starfish, Guppy 3:40 - 4:25	Pike, Pike, Eel, Ray/Starfish 3:40 - 4:25	Pike, Pike, Eel/Ray, Polliwog 3:40 - 4:25	Pike, Pike, Eel, Ray/Starfish 3:40 - 4:25	Pike, Polliwog, Guppy, Minnow 3:40 - 4:25	Open/Family Swim 2:50 - 5:30	3:45
4:00							L A P	4:00
4:15								4:15
4:30		Pike, Pike, Eel/Ray, Water Polo I 4:30 - 5:15	Polliwog, Guppy, Guppy, Minnow 4:30 - 5:15	Pike, Pike, Eel/Ray, Guppy 4:30 - 5:15	Polliwog, Guppy, Guppy, Minnow 4:30 - 5:15	Pike, Pike, Eel, Ray/Starfish 4:30 - 5:15		4:30
4:45								4:45
5:00	Lap 4:35 - 6:00	Seahorse 5:20 - 5:50	Pike, Minnow, Fish, Flying Fish/Shark 5:20 - 6:05	Minnow/Fish, Flying Fish/Shark, Marlins 5:20 - 6:05		Pike, Minnow, Fish, Flying Fish/Shark 5:20 - 6:05		5:00
5:15								5:15
5:30								5:30
5:45								5:45
6:00		Lap 5:55 - 6:55	Lap 6:10 - 7:10	Lap 6:10 - 7:00	Lap 5:20 - 6:10		Lap 5:35 - 7:00	6:00
6:15								6:15
6:30					Seahorse 6:15 - 6:45			6:30
6:45								6:45
7:00					SKIP 6:45 - 7:15	Open/Family Swim 6:10 - 8:00		7:00
7:15		Water Conditioning 7:00 - 8:00		Water Conditioning 7:00 - 8:00				7:15
7:30								7:30
7:45								7:45
8:00								8:00
8:15								8:15
8:30		Adult Swim Instruction 8:05 - 9:05	Adult Stroke Development 8:05 - 9:05	Adult Swim Instruction 8:05 - 9:05	Pike, Eel/Ray, Polliwog, Guppy/Minnow 7:20 - 8:05			8:30
8:45		L A P		L A P				8:45
9:00								9:00
9:15		Lap 9:05 - 10:00	Lap 9:05 - 10:00	Lap 9:05 - 10:00	Lap 8:10 - 10:00	Lap 8:05 - 10:00		9:15
9:30								9:30
9:45								9:45
10:00								10:00
TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TIME

Paid Programming   
  Water Fitness   
  Day Camp   
  Open/Family Swim   
  Lap

Pool Temperature is 83.5 Degrees.

Schedule Subject to Change.

Private Lessons may share pool space during Open/Family Swim or Lap Swim.  
Lanes are still available for members at these times.



# Lake View YMCA Summer Pool Schedule June 13 - August 21

## Lake View YMCA Pool Rules

1. The lifeguard on duty is the authority in the pool.
2. Children under 9 must be accompanied by an adult at all times.
3. Running, boisterous behavior, rough play, and inappropriate language will not be tolerated.
4. Only Lake View YMCA floatation devices are allowed.
5. Individuals with ear length hair or longer must wear a swim cap.
6. Proper swim attire must be worn in the pool -- no cut-offs or cotton shorts/shirts.
7. Street shoes are not allowed on deck. Protective booties are available in the family locker room.
8. Anyone with bandages, open blisters, cuts or lesions may not enter the water.
9. Diving, flips, twists and backward jumps are not allowed.
10. For the safety of all swimmers, individuals under the age of 14 must pass a deep-water test<sup>\*</sup> before swimming in the deep end.

Exception: those enrolled in Lake View YMCA swim class accompanied by instructor.

**The Lake View YMCA has no make-up policy for all Youth & Pre-School classes. For questions contact the Aquatics Department. Thank you!**

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\* Deep-water test consists of: swimming one lap of the pool (40 yds), treading water for 15 seconds, & floating on back for 15 seconds.

Pool Temperature is 83.5 Degrees.

Schedule Subject to Change.

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Lanes are still available for members at these times.

