



# Sanford-Springvale YMCA

## Pool Schedule for October 24 - October 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:00 - 7:55 am	Lap Swim 5:00 - 7:55 am	Lap Swim 5:00 - 7:55 am	Lap Swim 5:00 - 7:55 am	Lap Swim 5:00 - 7:55 am	
Open / Lap Swim 8:00 - 11:45 am	Volleyball (3) / Lap Swim (2) / Personal Training 8:00 - 9:00 am	Volleyball (3) / Lap Swim (2) / Personal Training 8:00 - 9:00 am	Volleyball (3) / Lap Swim (2) / Personal Training 8:00 - 9:00 am	Volleyball (3) / Lap Swim (2) / Personal Training 8:00 - 9:00 am	Volleyball (3) / Lap Swim (2) / Personal Training 8:00 - 9:00 am	Titans (2) / Lap Swim (4) 7:00 - 8:50 am
	Open (3) / Lap Swim (2) / Personal Training 9:00 - 10:00 am	Open (3) / Lap Swim (2) / Personal Training 9:00 - 10:00 am	Open (3) / Lap Swim (2) / Personal Training 9:00 - 10:00 am	Open (3) / Lap Swim (2) / Personal Training 9:00 - 10:00 am	Open (3) / Lap Swim (2) / Personal Training 9:00 - 10:00 am	Open / Lap Swim 9:00 - 11:45 am
	Open / Lap Swim 10:00 - 11:55 am	Open / Lap Swim 10:00 - 11:55 am	Open / Lap Swim 10:00 - 11:55 am	Open / Lap Swim 10:00 - 11:55 am	Open / Lap Swim 10:00 - 11:55 pm	
Please contact the Aquatics Department for more information or visit: sanfordymca.org	Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	Lap Swim 12:00 - 12:55 pm	
	Open / Lap Swim 1:00 - 3:25 pm	Open / Lap Swim 1:00 - 3:25 pm	Open / Lap Swim 1:00 - 3:25 pm	Open / Lap Swim 1:00 - 3:25 pm	Open / Lap Swim 1:00 - 3:25 pm	
	Titans Senior / Junior 3:30 - 5:00 pm	Titans Senior / Junior 3:30 - 5:00 pm	Titans Senior / Junior 3:30 - 5:00 pm	Titans Senior / Junior 3:30 - 5:00 pm	Titans Senior / Junior 3:30 - 5:00 pm	
	Titans Blue / Swim Lessons 5:00 - 6:00 pm	Titans Blue 5:00 - 6:00 pm	Swim Lessons (3) Lap Swim (3) 5:00 - 6:00 pm	Titans Blue 5:00 - 6:00 pm	Titans Blue 5:00 - 6:00 pm	
	Titans White / Swim Lessons 6:00 - 7:00 pm	Open / Lap Swim 6:00 - 6:55 pm	Titans White / Swim Lessons 6:00 - 7:00 pm	Open / Lap Swim 6:00 - 6:55 pm	Titans White (3) Lap Swim (3) 6:00 - 7:00 pm	
	Open / Lap Swim 7:00 - 7:45 pm	Aqua Fit 7:00 - 7:50 pm	Open / Lap Swim 7:00 - 7:45 pm	Aqua Fit 7:00 - 7:50 pm	Open / Lap Swim 7:00 - 7:45 pm	

- Every effort is made to ensure the accuracy of our schedules.
- Schedule is subject to change without notice.
- Lanes are available on a first come first serve basis (no reservations required).
- 2 swimmers not from the same household are allowed in the same lane, but are asked to start and stop on opposite ends of the pool.
- Please note that programs reserved by appointment such as private lessons may impact the number of available lanes during lap swim periods.
- All Aqua Fit and Hydro Fit classes are paid programs. Registration is required to attend classes.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Sanford-Springvale YMCA

## Pool Policies

**Please review our list of pool rules. If you have any questions or concerns, please speak with the lifeguard.**

- Non-swimmers, children 7 and under, or anyone who requires a float belt must be accompanied into the water by an adult who must remain within arms reach at all times.
- All Children 12 and under **MUST** have a parent/guardian present in the Pool area at all times
- All Children 12 and under **MUST** wear a swim band when entering the pool (except when participating in an aquatic program such as swim lessons). Please see the front desk, our website or the lifeguard for more information on our swim band policies
- Inflatable Personal Floatation Devices: floaties, water wings, swim rings are not allowed.
- Individuals under three, not yet potty trained or those unable to consistently control bladder functions are required to wear an appropriate swim diaper and another tight legged layer on top.
- Picture taking, cameras, and video recording are not allowed in the pool area or locker rooms
- Shoes are **NOT** allowed on the pool deck.
- Showers are required of all swimmers before entering the pool.
- Food & drinks (other than water) are not allowed in the pool area.
- Hair longer than ear length must be tied back in a hair elastic or swim cap.
- Appropriate swimwear is required. Cutoffs, T-shirts, or ripped suits are not considered appropriate.
- Always walk!
- Horseplay and rough-housing is not allowed.
- Band-aids, bandages, gum and glass are not permitted.
- Diving is prohibited in the shallow end. Please dive 7 feet or deeper.
- Jumping is allowed from the gutter (the closest step to the water): feet first, facing forward, no flips.
- Adult equipment: belts, dumbbells, barbells, and noodles are for adult use only!
- Children can use noodles, and floatation devices provided by the YMCA.
- **HAVE FUN!**

**If you have any questions or comments, feel free to contact Ali Fair Aquatics Director, at 324-4942 or [afair@sanfordymca.org](mailto:afair@sanfordymca.org)**