



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Sanford-Springvale YMCA

## Pool Schedule for January 7 – January 13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Testing Policy is in effect.</b> Please contact the Aquatics Department for more information or visit: <a href="http://sanfordymca.org">sanfordymca.org</a>	Lap Swim 5:00-8:00am	Titans(2)/Masters(2)/Lap Swim(2) 5:00-6:45am Lap Swim 6:45-8:00am	Lap Swim 5:00-8:00am	Titans(2)/Masters(2)/Lap Swim(2) 5:00-6:45am Lap Swim 6:45-8:00am	Lap Swim 5:00-8:00am	
	Volleyball/Open/Lap 8:00-8:55am	Volleyball/Open/Lap 8:00-8:55am	Volleyball/Open/Lap 8:00-8:55am	Volleyball/Open/Lap 8:00-8:55am	Volleyball/Open/Lap 8:00-8:55am	Lap/Titans 7:00-8:55am
	Aquafit/Lap(1) 9:00 - 10:00am	Aquafit 9:00 - 10:00am	Aquafit/Lap(1) 9:00 - 10:00am	Aquafit 9:00 - 10:00am	Aquafit/Lap(1) 9:00 - 10:00am	
	<b>Safety Break NO POOL ENTRY 10:00-10:10am</b>					
	Lessons/Lap/Guard Class 10:10-11:00am	Owls(3)/Lap(1)/Lessons(2) 10:10-11:00am	Open/Lap 10:10-11:00am	Open/Lap 10:10-11:00am	MJHS/Lap 10:15-11:00	Aquafit 9:00-10:00am
Open/Lap 8:00a-2:00pm	PT/Lap 11:00-Noon	Open/Lap 11:00-Noon	PT/Lap 11:00-Noon	Homeschool/Lap 11:00-Noon	Open/Lap 11:00-12:00	Lessons/Lap/AF Training 10:00-12:30
	Adult Lap(4)/Masters (2) Noon-12:45pm	Adult Lap(4)/Masters (2) Noon-12:45pm	Adult Lap(4)/Masters (2) Noon-1:00pm	Adult Lap(4)/Masters (2) Noon-1:00pm	Adult Lap Noon-1:00pm	
	Monarch/Lap 12:45pm-1:30pm	Monarch/Lap 12:45-1:30pm	Open/Lap 1:00-3:45pm	Open/Lap 1:00-2:30pm	Open/Lap 1:05-3:45pm	
	Open/Lap/Guard Class 1:30-2:30pm	Open/Lap 1:30-2:30pm		SHS 2:30-3:45pm		
Public/Lap ★ 2:00pm-3:45pm	SHS 2:30-3:45pm	SHS 2:30-3:45pm	Titans(4)/Lap(2) 3:45-5:15pm	Open/Lap 3:45-4:45pm	Titans 3:45-5:00pm	
	Titans(4)/Lap(2) 3:45-5:15pm	Titans(4)/Lap(2) 3:45-5:15pm	Titans 5:15-5:30pm			
	Titans 5:15-5:30pm	Titans 5:15-6:15pm	Lessons/Titans/ 5:30-6:15pm	Titans 4:45-6:30pm	Titans(4)/Lap(2) 5:00-6:00pm	Open/Lap/AF Training 12:30-5:45pm
Lessons/Titans/Lap(1) 5:30-6:15pm	Titans(4)/Lap(2) 6:30-7:15pm	Lessons(3)/Lap(1)/Open(2) 6:15-7:15pm	Titans(4)/Open(2) 6:30-7:15pm			
Lessons(3)/Lap(1)/Open(2) 6:15-7:15pm	Aquafit/Lap 7:15-8:00pm	Open/Lap 7:15-7:45pm	Aquafit/Lap 7:15-8:00pm	Open/Lap 6:00-8:45pm		
Open/Lap 7:15-8:45pm	Open/Lap 8:00-8:45pm	SHS 7:45-8:45pm	Open/Lap 8:00-8:45pm			

★ Parties may be booked in the pool from 2-3pm, when this occurs there will only be 1 or 2 lanes available for lap, instead of the usual 3.

# Sanford-Springvale YMCA

## Pool Policies

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

- 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.
- 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.
- 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.
- Non-swimmers, or anyone who requires a float belt must be accompanied into the water by an adult.
- 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!
- All Children 12 and under **MUST** have a parent/guardian present in the Pool area at all times
- Please no cameras/picture taking in the pool area

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