



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Sanford-Springvale YMCA

## Pool Schedule for March 4 – March 10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Testing Policy is in effect. Please contact the Aquatics Department for more information or visit: <a href="http://sanfordymca.org">sanfordymca.org</a></b>	Lap Swim 5:00-8:00am	Titans(2)/Masters(2)/Lap Swim(2) 5:00-6:45am	Lap Swim 5:00-8:00am	Titans(2)/Masters(2)/Lap Swim(2) 5:00-6:45am	Lap Swim 5:00-8:00am	
		Lap Swim 6:45-8:00am		Lap Swim 6:45-8:00am		
	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 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 10:10-11:00am	ELC/Lap(1)/Lessons(2) 10:10-11:00am	Open/Lap 10:10-11:00am	ELC/Lap 10:10-11:00am	MJHS/Lap 10:15-12:00	Aquafit 9:00-10:00am
Open/Lap 8:00a-10:00am	PT/Lap 11:00-Noon	Open/Lap 11:00-Noon	PT/Lap 11:00-Noon	Homeschool/Lap 11:00-Noon		
	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	Lessons/Lap 10:00-1:00
Open(2)/ Lessons (3)/Lap(1) 10:00-1:00pm	Monarch/Lap 12:45pm-1:30pm	Monarch/Lap 12:45-1:30pm	Open/Lap 1:00-3:45pm	Open/Lap 1:00-3:45pm	Open/Lap 1:05-3:45pm	
	Open/Lap 1:30-3:30pm	Open/Lap 1:30-3:45pm				
Open/Lap ★ 1:00pm-2:00pm	Titans(3)/Lap(1)/Open(2) 3:45-5:30pm	Titans(3)/Lap(1)/Open(2) 3:45-5:30pm	Titans(3)/Lap(1)/Open(2) 3:45-5:30pm	Titans(3)/Lap(1)/Open(2) 3:45-6:15pm	Titans(3)/Lap(1)/Open(2) 3:45-6:15pm	Open/Lap ★ 1:00-5:45pm
Public Swim/Lap 2:00pm -3:45pm		Lessons/Titans/Lap(1) 5:30-6:15pm	Lessons/Titans 5:30-6:15pm			
	Lessons/Titans/Lap(1) 5:30-6:15pm	Lessons/Open(2)/Lap(1) 6:15-7:15pm	Lessons(3)/Lap(1)/Open(2) 6:15-7:15pm	Open/Lap 6:30-7:15pm		
	Lessons(3)/Lap(1)/Open(2) 6:15-7:15pm	Aquafit/Lap 7:15-8:00pm	Open/Kayak/Lap 7:15-8:45pm	Aquafit/Lap 7:15-8:00pm	Open/Lap 6:15-8:45pm	
	Open/Scouts/Lap 7:15-8:45pm	Open/Lap 8:00-8:45pm		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.

Every effort is made to ensure the accuracy of our schedules. Please note that programs reserved by appointment such as private lessons may impact the number of available lanes during lap swim periods indicated on the schedule. At least one available lap lane is guaranteed when one or more lap lanes are indicated on the pool schedule.

# 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)**