



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Sanford-Springvale YMCA

Pool Schedule for May 21-May 27

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|--------------------------------|
| Swim Testing Policy is in effect. Please contact the Aquatics Department for more information or visit: sanfordymca.org | Lap Swim 5:30-8:00am | Lap Swim(4)/Masters (2) 5:30-8:00am | Lap Swim 5:30-8:00am | Lap Swim(4)/Masters(2) 5:30-8:00am | Lap Swim 5:30-8:00am | |
| | 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 | |
| | Safety Break NO POOL ENTRY 10:00-10:10am | | | | | |
| | Lessons/Lap 10:10-11:00am | Lap(2)/Owls/Lessons 10:10-11:00am | MMS/Lap 10:10-11:00am | Open/Lap 10:10-11:00am | SJHS/Lap 10:15-11:00 | Aquafit 9:00-10:00am |
| Open/Lap 7:00a-11:00am | PT/Lap 11:00-Noon | Homeschool/Lap 11:00-Noon | PT/Lap 11:00-Noon | Homeschool/Lap 11:00-Noon | Open/Lap 11:00-Noon | Lessons/Lap 10:05-1:30 |
| | 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 | |
| Open(2)/Lap(1)/Tryouts(3) 11:00-12:00 | Monarch/Lap 12:45-2:00pm | Monarch/Lap 12:45-2:00pm | Open/Lap 1:00-4:00pm | Open/Lap 1:00-4:00pm | Open/Lap 1:05-4:00pm | Open/Lap ★ 1:30-3:00pm |
| | Open/Lap 2:00-4:00pm | Open/Lap 2:00-4:00 pm | | | | |
| Open/Lap ★ 12:00-4:15pm | Titans (3)/Open(2)/Lap(1) 4:00pm-5:30pm | Titans (3)/Open(2)/Lap(1) 4:00pm-5:30pm | Titans (3)/Open(2)/Lap(1) 4:00pm-5:30pm | Titans (3)/Open(2)/Lap(1) 4:00pm-5:30pm | Titans (3)/Open(2)/Lap(1) 4:00pm-6:30pm | Public Swim/Lap 3:00-5:45pm |
| | Lessons 5:30-6:45pm | Titans 5:30pm-7:00pm | Lessons/Lap(1)/Open(2) 5:30-7:15pm | Titans 5:30pm-7:00pm | | |
| | Lessons/Open(2) 6:45-7:15pm | Aquafit/Adult Lap(1) 7:05-8:00pm | Open/Lap 7:15-8:45pm | Aquafit/Adult Lap(1) 7:05-8:00pm | Open/Lap 6:30pm-8:45pm | |
| | Open/Kayak/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 2 lanes available for lap, instead of the usual 3.

- Did you know? 36 laps is equal to 1 mile!
- The Y will be closed 5/28-5/29 in observance of Memorial day
- Welcome back Titans swimmers!

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.
- Children under three or those not yet potty trained 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