



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Sanford-Springvale YMCA

## Pool Schedule for May 28– June 3

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>	<b>YMCA CLOSED FOR MEMORIAL DAY</b>	<b>Lap Swim(4)/Masters (2)</b> 5:30-8:00am	<b>Lap Swim</b> 5:30-8:00am	<b>Lap Swim(4)/Masters(2)</b> 5:30-8:00am	<b>Lap Swim</b> 5:30-8:00am	
		<b>Volleyball/Open/Lap</b> 8:00-8:55am	<b>Volleyball/Open/Lap</b> 8:00-8:55am	<b>Volleyball/Open/Lap</b> 8:00-8:55am	<b>Volleyball/Open/Lap</b> 8:00-8:55am	<b>Lap</b> 7:00-8:55am
		<b>Aquafit</b> 9:00 - 10:00am	<b>Aquafit/Lap(1)</b> 9:00 - 10:00am	<b>Aquafit</b> 9:00 - 10:00am	<b>Aquafit/Lap(1)</b> 9:00 - 10:00am	
<b>Safety Break NO POOL ENTRY 10:00-10:10am</b>						
<b>YMCA CLOSED ON SUNDAYS FOR THE SUMMER</b>	<b>YMCA CLOSED FOR MEMORIAL DAY</b>	<b>Lap(2)/Owls/Lessons</b> 10:10-11:00am	<b>Open/Lap</b> 10:10-11:00am	<b>Open/Lap</b> 10:10-11:00am	<b>SJHS/Lap</b> 10:15-11:00	<b>Aquafit</b> 9:00-10:00am
		<b>Homeschool/Lap</b> 11:00-Noon	<b>PT/Lap</b> 11:00-Noon	<b>Homeschool/Lap</b> 11:00-Noon	<b>Open/Lap</b> 11:00-Noon	<b>Lessons/Lap</b> 10:05-1:30
		<b>Adult Lap(4)/Masters(2)</b> Noon-12:45pm	<b>Adult Lap(4)/Masters(2)</b> Noon-1:00pm	<b>Adult Lap(4)/Masters(2)</b> Noon-1:00pm	<b>Adult Lap</b> Noon-1:00pm	
		<b>Monarch/Lap</b> 12:45-2:00pm	<b>Open/Lap</b> 1:00-4:00pm	<b>Open/Lap</b> 1:00-4:00pm	<b>Open/Lap</b> 1:05-4:00pm	<b>Open/Lap ★</b> 1:30-3:00pm
		<b>Open/Lap</b> 2:00-4:00 pm				
		<b>Titans (3)/Open (2)/Lap(1)</b> 4:00pm-5:30pm	<b>Titans (3)/Open (2)/Lap(1)</b> 4:00pm-5:30pm	<b>Titans (3)/Open (2)/Lap(1)</b> 4:00pm-5:30pm	<b>Titans (3)/Open (2)/Lap(1)</b> 4:00pm-6:30pm	<b>Public Swim/Lap</b> 3:00-5:45pm
		<b>Titans</b> 5:30pm-7:00pm	<b>Lessons/Lap(1)/Open(2)</b> 5:30-7:15pm	<b>Titans</b> 5:30pm-7:00pm		
			<b>Aquafit/Adult Lap (1)</b> 7:05-8:00pm	<b>Open/Lap</b> 7:15-8:45pm	<b>Aquafit/Adult Lap (1)</b> 7:05-8:00pm	<b>Open/Lap</b> 6:30pm-8:45pm
	<b>Open/Lap</b> 8:00-8:45pm	<b>Open/Lap</b> 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](mailto:slittlefield@sanfordymca.org)**