



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Sanford-Springvale YMCA

## Pool Schedule for July 1 – July 7

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	Lap Swim 5:00-8:00am		Lap Swim 5:00-8:00am	Lap Swim 5:00-8:00am	<b>Lap</b> 7:00-8:55am
	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	
	Aquafit/Lap(1) 9:00 - 10:00am	Hydrofit 9:00 - 10:00am		Hydrofit 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	Lessons/Lap 10:10-11:00am	<b>YMCA CLOSED HAPPY 4TH OF JULY</b>	Lessons/Lap 10:10-11:00am	Open/Lap 10:15-11:00	Drop In Aquafit** 9:00-10:00am
<b>Open/Lap</b> 8:00-12:45pm	PT(2)/Lap(2)/Open(2) 11:00-Noon	ELC/Lap(1)/Open(2) 11:00-Noon		ELC/Lap(1)/Open(2) 11:00-Noon	Open/Lap 11:00-Noon	<b>Open/Lap</b> ★ 10:00-1:00
	Adult Lap(4)/Masters (2) Noon-1:00pm	Adult Lap(4)/Masters (2) Noon-1:00pm		Adult Lap(4)/Masters (2) Noon-1:00pm	Adult Lap Noon-1:00pm	
	Marland/Lap 1:00-2:00pm	Marland/Lap 1:00-2:00pm		Marland/Lap 1:00-2:00pm	Open/Lap 1:00-4:00pm	<b>Open/Lap</b> ★ 1:00-5:45pm
	Open/Lap 2:00-4:00pm	Open/Lap 2:00-4:00pm		Open/Lap 2:00-4:00pm	Titans/Lap(1) 4:00-5:30pm	
	Titans/Lap(1) 4:00-5:30pm	Titans/Lap(1) 4:00-5:30pm		Titans/Lap(1) 4:00-5:30pm	Titans/Open(2)/Lap(1) 4:00-6:30pm	
		Open/Lap 6:30-8:45pm		YMCA CLOSING AT 7PM	Lessons(3)/Lap(1)/Open(2) 6:30-7:15pm	Open/Lap 6:30-8:45pm
				Aquafit/Lap 7:15-8:00pm		
			Open/Lap 8:00-8:45pm			

Stay tuned for information about our new swim ability recognition policy. Beginning 6/18 all children under the age of 13 who enter the water must be wearing a wrist band. Wrist band colors will correspond to the swim ability of the child and will allow us to better identify non-swimmers who need an adult in the pool, strong swimmers who can access the deep end and all those in between. Please visit our lifeguards on your next visit for a swim test!

★ Parties may be booked in the pool from 12-4pm, 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.

\*\*Saturday Morning Aquafit is a FREE drop in member benefit. Registration is required for participation in other Aquafit classes.

# 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 Tate Warden Aquatics Director, at 324-4942 or [twarden@sanfordymca.org](mailto:twarden@sanfordymca.org)**