



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Sanford-Springvale YMCA

## Pool Schedule for September 30 – October 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Swim Testing Policy is in effect. Please contact the Aquatics Department for more information or visit: sanfordymca.org</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	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	Hydrofit 9:00 - 10:00am	Aquafit/Lap(1) 9:00 - 10:00am	Hydrofit 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	ELC(2)/Lessons(2)/Lap (1) 10:10-11:15am	Open/Lap 10:10-11:00am	ELC/Lap 10:10-11:00am	MJHS/Lap 10:15-11:00	Drop In Aquafit** 9:00-10:00am
<b>Open/Lap ★ 8:00-3:45pm</b>	PT(2)/Lap(2)/Lessons(2) 11:00-Noon	Open/Lap 11:15-Noon	PT(2)/Lap(2)/Open(2) 11:00-Noon	Homeschool/Lap 11:00-Noon	Open/Lap 11:00-Noon	Lessons/Lap ★ 10:00-1:00
	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	Adult Lap Noon-1:00pm	
	Monarch/Lap 12:45-1:45pm	Monarch/Lap 12:45-1:45pm	Open/Lap 1:00-2:00pm	Open/Lap 1:00-3:45pm	Open/Lap 1:00-1:30pm	<b>Open/Lap ★ 1:00-5:45pm</b>
	Open/Lap 1:45-3:45pm	Open/Lap 1:45-3:45pm	Open/Lap 2:00-3:45pm		Kids Out/Lap(2) 1:30-3:00pm	
	Titans(4)/Lap(2) 3:45-5:15pm	Titans(4)/Lap(2) 3:45-5:15pm	Titans(4)/Lap(2) 3:45-5:15pm	Titans(4)/Lap(2) 3:45-5:00pm	Open/Lap 3:00-4:00pm	
		Titans 5:15-5:30pm			Titans 5:00-6:30pm	
	Titans 5:15-5:30pm	Titans 5:00-6:30pm	Titans 5:15-5:30pm	Titans 5:00-6:30pm	Titans(4)/Lap(2) 5:15pm-6:15pm	
	Lessons/Titans 5:30-6:15pm	Titans(4)/Open(2) 6:30pm-7:15pm	Lessons/Titans 5:30-6:15pm	Titans(4)/Lap (2) 6:30pm-7:15pm	Open/Lap 6:15-8:45pm	
	Lessons(3)/Lap(1)/ Open (2) 6:15-7:15pm		Aquafit/Lap 7:15-8:00pm	Lessons(3)/Lap(1)/ Open (2) 6:15-7:15pm		
	Open/Lap 7:15-8:45pm	Open/Lap 8:00-8:45pm	Open/Lap 7:15-8:45pm	Open/Lap 8:00-8:45pm		

★ 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.**

- Non-swimmers, children 7 and under, or anyone who requires a float belt must be accompanied into the water by an adult who must remain within arms reach at all times.
- All Children 12 and under MUST have a parent/guardian present in the Pool area at all times
- All Children 12 and under MUST wear a swim band when entering the pool (except when participating in an aquatic program such as swim lessons). Please see the front desk, our website or the lifeguard for more information on our swim band policies
- 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.
- Picture taking, cameras, and video recording are not allowed in the pool area or locker rooms
- 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.
- 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.
- 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!

**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)**