



Indoor Pool Schedule

Schedule Subject To Change Without Notice

**One-Week Schedule
May 14th - May 20th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 Lap 5:15-7:00 am	6 Lap 5:15-7:00 am	6 Lap 5:15-7:00 am	6 Lap 5:15-7:00 am	6 Lap 5:15-7:00 am	Pool Opens at 7:00 AM	Pool Opens at 8:00 AM
4 Lap 2 Open 7:00-8:30 AM	4 Lap 2 Open 7:00-8:30 AM	4 Lap 2 Open 7:00-8:30 AM	4 Lap 2 Open 7:00-8:30 AM	4 Lap 2 Open 7:00-8:30 AM	4 Lap 2 Open 7:00-8:00 AM	4 Lap 2 Open 8:00-9:00 AM
2 Lap 4 H2O Fit 8:30-9:30 AM	2 Lap 4 H2O Fit 8:30-9:30 AM	2 Lap 4 H2O Fit 8:30-9:30 AM	2 Lap 4 H2O Fit 8:30-9:30 AM	2 Lap 4 H2O Fit 8:30-9:30 AM	2 Lap 4 H2O Fit 8:00-9:00 AM	
4 Lap 2 Open 9:30-10:00 AM	4 Lap 2 Lesson 9:30-11:00 AM	4 Lap 2 Lesson 9:30-11:30 AM	4 Lap 2 Lesson 9:30-11:00 AM	4 Lap 2 Lesson 9:30-11:30 AM	6 Lesson 9:00-12:00 PM	5 Lesson 1 Lap 9:00-12:00 PM
4 Lap 2 Lesson 10:00-11:00 AM	3 Arthritis 3 Lap 11:00-12:00 PM	4 Lap 2 Open 11:30-12:00 PM	3 Arthritis 3 Lap 11:00-12:00 PM	4 Lap 2 Open 11:00-1:00 PM		
3 Lap 3 Arthritis 11:00-12:00 PM	4 Lap 2 Open 12:00-1:00 PM	4 Lap 2 Open 12:00-1:00 PM	4 Lap 2 Open 12:00-1:00 PM	4 Lap 2 Lesson 1:00-2:30 PM		
4 Lap 2 Open 12:00-1:45 PM	4 Lap 2 Lesson 1:00-2:00 PM	4 Lap 2 Lesson 1:00-2:00 PM	4 Lap 2 Lesson 1:00-2:00 PM	4 Lap 2 Lesson 1:00-2:30 PM	2 Lesson 2 Lap 2 Open 12:00-1:00 PM	2 Lesson 2 Lap 2 Open 12:00-1:00 PM
4 Lap 2 Lesson 1:45-3:00 PM	4 Lap 2 Open 2:00-3:00 PM	2 Lap 2 Lesson 2 Deveraux 1:30-2:30 PM	4 Lap 2 Open 2:00-3:00 PM	4 Lap 2 Open 2:30-4:00 PM	1 Lesson 3 Lap 2 Open 1:00-6:45 PM	1 Lesson 3 Lap 2 Open 1:00-3:00 PM
4 Lap 2 Open 3:00-4:00 PM	4 Lap 2 Open 3:00-4:00 PM	4 Lap 2 Open 2:30-4:00 PM	4 Lap 2 Open 3:00-4:00 PM			
1 Lap 5 Green Clinic 4:00-6:00 PM	1 Lap 5 Green Clinic 4:00-6:00 PM	1 Lap 5 Green Clinic 4:00-6:00 PM	1 Lap 5 Green Clinic 4:00-6:00 PM	1 Lap 5 Green Clinic 4:00-6:00 PM		1 Lesson 3 Lap 2 Open 1:00-6:45 PM
3 Red Clinic 2 Lap 1 Lesson 6:00-7:00 PM	3 Blue Clinic 3 Lesson 6:00-7:00 PM	3 Red Clinic 3 Lesson 6:00-7:00 PM	3 Blue Clinic 3 Lesson 6:00-7:00 PM	3 Red Clinic 1 Lap 2 Open 6:00-7:00 PM		
3 Yellow Clinic 2 Lap 1 Lesson 7:00-8:00 PM	3 Yellow Clinic 3 Lesson 7:00-8:30 PM	3 Yellow Clinic 3 Lesson 7:00-8:00 PM	3 Yellow Clinic 3 Lesson 7:00-8:30 PM	3 Blue Clinic 1 Lap 2 Open 7:00-8:00 PM	Pool Closes at 6:45 PM	Pool Closes at 6:45 PM
3 H2O Fit 3 Yellow Clinic 8:00-8:30 PM	3 Lap 3 Open 8:30-9:45 PM	3 Ylw Clinic 3 H2O Fit 8:00-8:30 PM	3 Lap 3 Open 8:30-9:45 PM	3 Lap 3 Open 8:00-9:45 PM		
3 H2O Fit 3 Open 8:30-9:00 PM		3 Lap 3 Open 9:00-9:45 PM				
3 Lap 3 Open 9:00-9:45 PM		Pool Closed at 9:45 PM		Pool Closed at 9:45 PM	Pool Closed at 9:45 PM	Pool Closed at 9:45 PM
Pool Closed at 9:45 PM	Pool Closed at 9:45 PM	Pool Closed at 9:45 PM	Pool Closed at 9:45 PM	Pool Closed at 9:45 PM		

rev. 14 May 2012 11:00 am

610.363.9622

Lionville Community YMCA

lionvilleyymca.org



Pool Rules

Swimmers:

- Children under 12 in the pool area must be accompanied by an adult (16 years and older)
- Children under 12 must pass the swim test in order to use the deep end of the pool and to be in the water without an adult.
- All swimmers who have completed the swim test will be given a wrist band which must be worn at all times or an adult will be required to be in the water with the child.
- Swimmers wearing any type of floatation device must remain in shallow water and be within arms length of an adult.
- Personal Floatation Devices (PFD's) are not permitted on elevated recreational structures (diving board, slide, starting blocks).
- Water wings and inflatable devices are not permitted in the pool.
- Pool toys may either be limited or removed from the water during crowded times at the lifeguard's discretion.

Lap Swimming:

- Lap Swimmers must be 12 years of age or older. 9-11 year olds must have an orange wristband and signed waiver.
- Swim to your side of the centerline when sharing a lane and to the right side of the centerline when circle swimming.
- Choose a lane according to your speed and that of other swimmers already in the lane.
- When sharing a lane, be courteous of the style of swimming being used and how it may be affecting other swimmers.
- Be aware of others in the lane when using equipment.

Lifeguards are here for your safety. They have the discretion and authority to correct circumstances they deem to be unsafe. Failure to obey them may result in expulsion for the remainder of the day.

Facility:

- Please walk when on the pool deck.
- Diving is only permitted in areas greater than 9 feet of water.
- Jumping/diving into the pool is permitted ONLY:
 - o From the edge of the pool
 - o While facing the pool
 - o Only after the swimmer makes sure that the area below is clear.
- Please do not pick up or throw another person around while in or around the pool.
- No food or chewing gum on the pool deck.
- PLASTIC containers of WATER ONLY are permitted on pool deck.
- Inappropriate or offensive language will not be tolerated.
- We recommend that all patrons shower before swimming.
- We ask that swim caps or hair should be worn up to prevent filter problems.
- Children who are not potty trained MUST wear swim diapers.
- We recommend that bandages be removed before entering the pool.

Swim Test:

- Jump in pool; tread water for 1 min. without interruption followed immediately by 1 lap of crawl stroke (on stomach) without stopping or assistance.

Diving Board:

- Please walk while on the diving board.
- Only one person in diving area at a time. The diving area includes the ladder, diving board, and water around the board.
- Divers must be facing the water at all times. Dive straight off the board.
- One bounce only is allowed.
- Flips, twists, and reverse entries are not permitted.
- Please keep all floatation devices, toys, or other swimming equipment and person away from the diving area.
- In order to use the diving board, swimmers must pass the swim test