



Eastern Lycoming Pool Schedule: April

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
	Pool Opens 6am	Pool Opens 6:30am	Pool Opens 6am	Pool Opens 6:30am	Pool Opens 6am			
6:00 AM	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes			6:00 AM
7:00	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes			7:00
8:00	3 Lanes Open Member Areobics	3 Lanes Open Member Areobics	3 Lanes Open Member Areobics	4 Lap Lanes	3 Lanes Open Member Areobics	Pool Opens 8am POOL CLOSED WASC MASTER'S	Slide Closed	8:00
9:00	0 Lap Lanes Fit & Tone (Uses whole pool)	4 Lap Lanes	0 Lap Lanes Fit & Tone (Uses whole pool)	4 Lap Lanes	0 Lap Lanes Fit & Tone (Uses whole pool)	Private Lessons Ramp Closed 3 Lanes Open Swim	Pool Opens 10am	9:00
10:00	4 Lanes Open Member Areobics	4 Lap Lanes	4 Lanes Open Preschool Ramp Closed 4 Lanes Open	3 Lanes Open Water Fitness	4 Lap Lanes	Private Lessons Ramp Closed 3 Lanes Open Swim	3 Lanes Open Swim	10:00
11:00	4 Lap Lanes	4 Lap Lanes	Preschool Ramp Closed	3 Lanes Open Strength N' Stretch	4 Lap Lanes	Private Lessons Ramp Closed 3 Lanes Open Swim	3 Lanes Open Swim	11:00
12:00 PM	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	Private Lessons Ramp Closed 3 Lanes Open Swim	3 Lanes Open Swim	12:00 PM
1:00	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	Private Lessons Ramp Closed 3 Lanes Open Swim	3 Lanes Open Swim	1:00
2:00	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	Private Lessons Ramp Closed 3 Lanes Open Swim	3 Lanes Open Swim	2:00
3:00	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	Private Lessons Ramp Closed 4 Lap Lanes	3 Lanes Open Swim	Pool Closes 2:30	3:00
4:00	4 Lap Lanes	4 Lap Lanes	POOL & SPA CLOSED 4:15p - 6p	4 Lap Lanes	Private Lessons Ramp Closed 4 Lap Lanes			4:00
5:00	4 Lap Lanes	4 Lap Lanes	SWIM LESSONS ONLY	4 Lap Lanes	Private Lessons Ramp Closed 4 Lap Lanes			5:00
6:00	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	Private Lessons Ramp Closed 4 Lap Lanes			6:00
7:00	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	4 Lap Lanes	Pool Closes 6:30			7:00
8:00pm	Pool Closes 7:30	Pool Closes 7:30	Pool Closes 7:30	Pool Closes 7:30				8:00pm

Open Swim:

A reminder that children MUST pass the swim test to swim in the deep end of the pool.

No Exceptions.

Lap Lanes:

Please be willing to share lap lanes. There is more than enough room for 2 people.

Saturday Hours:

The Saturday Hours Extension will take effect Saturday 4/10

More on back ----->

Lifeguards are NOT babysitters! Parents: Please watch your children. Safety is **EVERYONE'S** responsibility

Non-swimmers ***must*** remain in the shallow end and are not permitted in the deep end, even with a floatation device. Lifejackets are available for non-swimmers.

Private Lessons: Private Lessons run on an inconsistent schedule. They may occasionally take place and use the Ramp & 1 or 2 lanes.

Aerobics Classes:

Water Fitness & Strength n' Stretch - high impact

Fit & Tone - low-medium impact

Member Aerobics: member-led aerobics class

* **Please note:** the pool schedule is **Subject to Change**. It is always a good idea to call before you come.

All members and guests agree to abide by River Valley Regional YMCA Aquatics Rules and Regulations. Please take a moment to familiarize yourself with all the posted rules. The lifeguard has the authority to remove patrons for violation of facility rules.