



Concord Family YMCA POOL Schedule April 1-June 23, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 - 6 AM 4 lanes LAPS	5 - 8:25 AM 4 lanes LAPS	5 - 6 AM 4 lanes LAPS	5 - 8:25 AM 4 lanes LAPS	5 - 6 AM 4 lanes LAPS	Closed	Closed
6 - 7 AM 2 Lanes MASTERS 2 lanes LAPS		6 - 7 AM 2 Lanes MASTERS 2 lanes LAPS		6 - 7 AM 2 Lanes MASTERS 2 lanes LAPS		
7 - 8:25 AM 4 lanes LAPS		7 - 8:25 AM 4 lanes LAPS		7 - 8:25 AM 4 lanes LAPS		
8:30 - 9:15 AM 4 lanes H ₂ O AEROBICS	8:30 - 9:15 AM 4 lanes Deep End - H ₂ O AEROBICS 8:30 - 9:00 AM Shallow End - ADULT EXERCISE	8:30 - 9:15 AM 4 lanes Splash Dance	8:30 - 9:15 AM 4 lanes Deep End - H ₂ O AEROBICS 8:30 - 9:00 AM Shallow End - ADULT EXERCISE	8:30 - 9:15 AM 4 lanes H ₂ O AEROBICS	8:30 - 9:15 AM 4 lanes H ₂ O AEROBICS	
9:15 - 11 AM 2 lanes PROGRAMS 1 lane LAPS 1 lane FAMILY SWIM	9:15 - 11 AM 2 lanes PROGRAMS 1 lane LAPS 1 lane FAMILY SWIM	9:15 - 11 AM 2 lanes PROGRAM 1 lane LAPS 1 lane FAMILY SWIM	9:15 - 11 AM 2 lanes PROGRAMS 1 lane LAPS 1 lane FAMILY SWIM	9:15 - 11 AM 2 lanes PROGRAMS 1 lane LAPS 1 lane FAMILY SWIM	9:15 - 12:15 PM 4 lanes PROGRAMS	9 - 10 AM 2 lanes LAPS 2 lanes SPECIAL OLYMPICS
11 - 11:45 AM 4 lanes PROGRAMS	11 - 11:45 AM 4 lanes PROGRAMS	11 - 11:45 AM 4 lanes PROGRAMS	11 - 11:45 AM 4 lanes PROGRAMS	11 - 11:45 AM 4 lanes PROGRAMS		10 - 12PM 4 lanes LAPS
11:45 - 2 PM 4 lanes LAPS	11:45 - 2 PM 4 lanes LAPS	11:45 - 2 PM 4 lanes LAPS	11:45 - 2 PM 4 lanes LAPS	11:45 - 2 PM 4 lanes LAPS	12:15 - 2 PM 4 lanes LAPS	12- 2 PM 4 lanes LAPS
2 - 3 PM 2 lanes LAPS 2 lanes ADULT EXERCISE	2 - 3 PM 2 lanes LAPS 2 lanes ADULT EXERCISE	2 - 3 PM 2 lanes LAPS 2 lanes ADULT EXERCISE	2 - 3 PM 2 lanes LAPS 2 lanes PROGRAMS	2 - 3 PM 2 lanes LAPS 2 lanes ADULT EXERCISE	2 - 3 PM 4 lanes FAMILY SWIM	2 - 3 PM 4 lanes FAMILY SWIM
3 - 4 PM 2 lanes PROGRAMS 2 lanes AFTER KG	3 - 4 PM 2 lanes PROGRAMS 2 lanes FAMILY SWIM	3 - 4 PM 2 lanes PROGRAMS 2 lanes KYDSTOP	3 - 4 PM 2 lanes PROGRAMS 2 lanes FAMILY SWIM	3 - 5 PM 2 lanes KYDSTOP (Ends at 4:45 PM) 2 lanes FAMILY SWIM		
4 - 5 PM 4 lanes PROGRAMS	4 - 5 PM 4 lanes PROGRAMS	4 - 5 PM 4 lanes PROGRAMS	4 - 5 PM 4 lanes PROGRAMS		4:30 - 5:30 PM BIRTHDAY PARTIES	4:30 - 5:30 PM BIRTHDAY PARTIES
5 - 5:40 PM 2 lane PROGRAMS 2 lanes LAPS	5 - 6 PM 2 lanes PROGRAMS 2 lanes LAPS	5 - 5:40 PM 2 lane PROGRAMS 2 lanes LAPS	5 - 6 PM 2 lanes PROGRAMS 2 lanes LAPS	5 - 6 PM 2 lanes SWIM TEAM 2 lanes FAMILY SWIM	Closed	Closed
5:40 - 7:10 PM 4 lanes SWIM TEAM	6 - 7 PM 2 lanes PROGRAMS 2 lane LAPS	5:40 - 7:10 PM 4 lanes SWIM TEAM	6 - 7 PM 2 lanes SWIM TEAM 2 lane LAPS	6 - 7:30 PM 2 lanes SWIM TEAM 2 lanes FAMILY SWIM		
7:15 - 8 PM 4 lanes H ₂ O AEROBICS	7 - 8:30 PM 2 lanes SWIM TEAM 2 lanes LAPS	7:15 - 8 PM 4 lanes H ₂ O AEROBICS	7 - 8:30 PM 2 lanes SWIM TEAM 2 lanes LAPS	7:30 - 8:30 PM 2 lanes FAMILY SWIM 2 lanes TRI SWIM	<p>Schedule is subject to change without notice due to enrollment and events.</p> <p>When lanes are not in use by Swim Team they are open for members.</p> <p>Make-up swim classes w/ Friday Family Swim 3:50-5:40 PM.</p> <p>There may be an approximate 5 minute variance in lane availability in order to move lanes.</p>	
8:10 - 9:30 PM 4 lanes LAPS	8:30 - 9:30 PM 4 lanes LAPS	8:10 - 9:30 PM 4 lanes Laps	8:30 - 9:30 PM 4 lanes LAPS	8:30 - 9:30 PM 4 lanes LAPS		



Concord Family YMCA POOL Schedule Feb 10-Mar 31, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Laps	5-6am 4L. 6-7am 2L. 7-8:25am 4L. 9:15-11am 1L. 11:45-2pm 4L. 2-3pm 2L. 5-5:40pm 2L. 8:10-9:30pm 4 L.	5-8:25am 4L. 9:15-11am 1L. 11:45-2pm 4L. 2-3pm 2L. 5-8:30pm 2L. 8:30-9:30pm 4L.	5-6am 4L. 6-7am 2L. 7-8:25am 4L. 9:15-11am 1L. 11:45-2pm 4L. 2-3pm 2L. 5-5:40pm 2L. 8:10-9:30pm 4 L.	5-8:25am 4L. 9:15-11am 1L. 11:45-2pm 4L. 2-3pm 2L. 5-8:30pm 2L. 8:30-9:30pm 4L.	5-6am 4L. 6-7am 2L. 7-8:25am 4L. 9:15-11am 1L. 11:45-2pm 4L. 2-3pm 2L. 8:30-9:30pm 4L.	12:15-2pm 4L.	9-10am 2L. 10-2 4L.
Masters Tri swim	6-7am 2L.		6-7am 2L.		6-7am 2L. 7:30-8:30pm 2L.	7-8:25am 4L.	
Family swim	9:15-11am 1 L.	9:15-11am 1 L. 3-4pm 2L.	9:15-11am 1 L.	9:15-11am 1 L. 3-4pm 2L.	9:15-11am 1 L. 3-8:30pm 2L.	2-4:30pm 4L.	2-4:30pm 4L.
Adult Exercise	2-3pm 2L.	2-3pm 2L.	2-3pm 2L.		2-3pm 2L.		
Water Aerobics	8:30-9:15am 4L. 7:15-8pm 4L.	8:30-9:15 4L.	8:30-9:15am 4L. 7:15-8pm 4L.	8:30-9:15 4L.	8:30-9:15 4L.	8:30-9:15 4L.	

Pool Rules

- Follow Pool Rules and Lifeguard directions at all times.
- All swimmers must shower prior to entering the water.
- Remove street shoes before walking on the pool deck.
- Walk at all times.
- No food, gum, candy, or glass containers on the pool deck.
- Children who are not toilet-trained must wear swim diapers.
- Hair that is shoulder-length or longer must be tied back or covered with a swim cap.
- Swimming is prohibited for those with communicable sicknesses and open wounds.
- If the pool becomes too crowded, the lifeguard may restrict the number of people and toys allowed in the pool.
- Starting blocks are reserved for swim lessons and swim team.
- **The following are prohibited:**
 - Breath holding and prolonged underwater swimming
 - Pushing and rough play
 - Hanging onto or sitting on the lane lines
 - Head-first diving in areas less than 9 feet
 - backward, twisting, or turning jumps
- Lifeguard will administer swim test and to determine appropriate swim band. Band must be worn at all times. Return band to Lifeguard before leaving pool deck.
 - **Red Band:** Needs a flotation device to swim. Must stay in shallow end. Adult **MUST** be in the water and stay within arms reach at all times.
 - **Yellow Band:** Can swim from shallow end to the rope without flotation or touching the bottom or sides. Must stay in shallow end. Adult **MUST** be in the water and stay within arms reach at all times.
 - **Green Band:** Without flotation, can swim 25 yards, going under the shallow end rope, then tread water for 60 seconds. Test is done without stopping or touching the bottom/sides.
- **All non-swimmers that are not within arms reach of an adult at all times must wear a Coast Guard approved flotation device. (Puddle Jumper or Lifejacket)**

Lap Swim Rules

- Enter the pool at the shallow end (DO NOT dive).
- Swimmers must share lanes if all lanes are occupied: 2 swimmers split the lane; 3 + swimmers swim in a counter-clockwise motion, always staying to the right.
- If sharing a lane, touch base with all swimmers in the lane **BEFORE** beginning to swim. If swimmer does not stop, ask the Lifeguard for help. **DO NOT touch swimmers to get their attention.**
- If you need to stop swimming please stop at the ends of the pool.

Schedule is subject to change without notice due to enrollment and events.

Make-up swim classes w/ Friday Family Swim 3:50-5:40 PM.

There may be an approximate 5 minute variance in lane availability in order to move lanes.

Revised JB 3.29.19