



Sanford-Springvale YMCA

Pool Schedule for August 16 – August 22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 5:00 – 7:00 am	Lap Swim 5:00 – 7:00 am	Lap Swim 5:00 – 7:00 am	Lap Swim 5:00 – 7:00 am	Lap Swim 5:00 – 7:00 am	Lap Swim 7:00 – 8:50 am
	Lap Swim (4) Open (2) 7:00 – 7:55 am	Lap Swim (4) Open (2) 7:00 – 7:55 am	Lap Swim (4) Open (2) 7:00 – 7:55 am	Lap Swim (4) Open (2) 7:00 – 7:55 am	Lap Swim (4) Open (2) 7:00 – 7:55 am	
Open / Lap Swim 8:00 – 11:45 am	Volleyball / Lap Swim 8:00 – 8:50 am	Volleyball / Lap Swim 8:00 – 8:50 am	Volleyball / Lap Swim 8:00 – 8:50 am	Volleyball / Lap Swim 8:00 – 8:45 am	Volleyball / Lap Swim 8:00 – 8:50 am	Aqua Fit 9:00 – 9:50 am
	Aqua Fit 9:00 – 9:50 am	Hydro Fit 9:00 – 9:50 am	Aqua Fit 9:00 – 9:50 am	Hydro Fit 9:00 – 9:50 am	Aqua Fit 9:00 – 9:50 am	
Open / Lap Swim / Navy (1) 10:00 – 11:00 am	Open / Lap Swim 10:00 – 12:00 pm	Open / Lap Swim 10:00 – 12:00 pm	Open / Lap Swim 10:00 – 10:25 am	Open / Lap Swim 10:00 – 12:00 pm	Open / Lap Swim 10:00 – 12:00 pm	Open / Lap Swim 10:00 – 3:45pm
Open / Lap Swim 11:00 – 11:45 am			ELC / Lap Swim 10:30 – 11:15 am			
			Open / Lap Swim 11:15 – 11:55 am			
Please contact the Aquatics Department for more information or visit: sanfordymca.org	Adult Lap Swim 12:00 – 12:55 pm	Adult Lap Swim 12:00 – 12:55 pm	Adult Lap Swim 12:00 – 12:55 pm	Adult Lap Swim / Navy (2) 12:00 – 12:55 pm	Adult Lap Swim 12:00 – 12:55 pm	
	Summer Camp Swim 1:00 – 4:00 pm	Summer Camp Swim 1:00 – 4:00 pm	Summer Camp Swim 1:00 – 4:00 pm	Summer Camp Swim 1:00 – 4:00 pm	Summer Camp Swim 1:00 – 4:00 pm	
	Open / Lap Swim 4:05 – 7:45 pm	Open / Lap Swim 4:05 – 6:55 pm	Open / Lap Swim 4:05 – 7:45 pm	Open / Lap Swim 4:05 – 6:55 pm	Open / Lap Swim 4:05 – 7:45 pm	
		Aqua Fit / Lap Swim (2) 7:00 – 7:45 pm		Aqua Fit / Lap Swim (2) 7:00 – 7:45 pm		

- Every effort is made to ensure the accuracy of our schedules.
- Schedule is subject to change without notice.
- Lanes are available on a first come first serve basis (no reservations required) Please share a lane.
- All Aqua Fit and Hydro Fit classes are paid programs. Registration is required to attend classes.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sanford-Springvale YMCA

Pool Rules

If you have any questions or concerns, please speak with the lifeguard

- All swimmers under age 14 must be swim tested and wear a swim band: **Green = Passed, Red = Failed / Not tested.**
- Children who do not pass the swim test must remain in the shallow end.
- If a child does not pass the swim test and the water goes above their armpits in the shallow end, they must wear a Coast Guard-approved life jacket.
- Swim bands do not need to be worn during aquatics programs, such as swim lessons or swim team.
- All children age 7 and under must be accompanied by an adult who remains within arm's reach at all times.
- All children 12 and under must have a parent/guardian present on the pool deck at all times.
- Walk at all times.
- Inflatable personal flotation devices, including water wings, floaties, swim rings, etc., are not allowed.
- Individuals who are not potty trained or are unable to control bladder functions must wear an appropriate swim diaper.
- Appropriate swimwear is required. Cutoffs, T-shirts, and ripped suits are not considered appropriate swimwear.
- Picture taking and video recording are not allowed in the pool area or locker rooms.
- All swimmers must shower before entering the pool.
- Food and drinks, other than water, are prohibited in the pool area. Glass containers are prohibited.
- Hair longer than ear length must be tied back with a hair elastic or secured in a swim cap.
- Horseplay and roughhousing are not allowed.
- Bandages, band-aids, and gum must be thrown away before entering the water.
- Diving is only allowed in water 7 feet or deeper. Not in the shallow end.
- Jumping is allowed from the gutter only: feet first, facing forward, no flips, twists, or spins.
- Aquafit equipment, including belts and dumbbells, is for adult use only.
- Swim equipment, including kickboards and pull buoys, is for lap swim only.

Inclement Weather Policy

In the event of inclement weather, the pool will be closed and the pool deck cleared for at least **30 minutes after the last observation of thunder or lightning.**