the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sanford-Springvale YMCA

Pool Schedule for April 26 - May 02

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

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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!

- **Inclement Weather** - Please note that 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.

If you have any questions or comments, feel free to contact Ali Fair Aquatics Director, at 324-4942 or afair@sanfordymca.org