the YMCA
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Sanford-Springvale YMCA

Pool Schedule for November 15 – November 21

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 (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 - 11:45 am	**Beach Ball Volleyball / Lap Swim** 8:00 - 8:50 am	**Beach Ball Volleyball / Lap Swim** 8:00 - 8:50 am	**Beach Ball Volleyball / Lap Swim** 8:00 - 8:50 am	**Beach Ball Volleyball / Lap Swim** 8:00 - 8:50 am	**Beach Ball 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 10:00 - 12:00pm	**Swim Lessons / Lap Swim** 10:00 - 11:00pm	**Open / Lap Swim** 10:00 - 10:25 am	**Swim Lessons / Lap Swim** 10:00 - 11:00pm	**RSU 57 / Lap Swim** 10:00 - 11:00pm	**Open / Lap Swim** 10:00 - 3:45 pm
		Open / Lap Swim 11:00 - 12:00pm	**ELC / Lap Swim** 10:30 - 11:15 am **Open / Lap Swim** 11:15 - 12:00 pm	**Swim Lessons / Homeschool Titans** 11:00 - 12:00pm	**Open / Lap Swim** 11:00 - 12:00pm	
	Adult Lap Swim 12:00 - 1:00 pm	**Adult Lap Swim** 12:00 - 1:00 pm	**Adult Lap Swim** 12:00 - 1:00 pm	**Navy / Adult Lap Swim** 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	**Homeschool Titans / Lap / Open Swim** 1:00 - 2:00pm **Open / Lap Swim** 2:00 - 4:55 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	
	Titans Swim Team / Lessons / Lap Swim 7:00 – 8:00 pm	**Aqua Fit / Lap Swim (2)** 7:05 - 8:00 pm	**Titans Swim Team / Lessons / Lap Swim** 7:00 – 8:00 pm	**Aqua Fit / Lap Swim (2)** 7:05 – 8:00 pm	**Titans Swim Team / Lap Swim** 7:00 – 8:00 pm	

- Every effort is made to ensure the accuracy of our schedules.
- Schedule is subject to change without notice.
- The Pool Locker Rooms close at 8:15 for daily cleaning.
- Lanes are available on a first come first serve basis (no reservations) 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 = Not Passed / 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**.

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