



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Sanford-Springvale YMCA

## Pool Schedule for May 10 - May 16

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	RSU 57 / Lap Swim 10:00 - 11:00 pm	Open (2) / Lap Swim (2) Wells Beach (2) 10:00 - 12:00pm
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 / Homeschool Titans 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 12:00 - 3:45 pm
	Open / Lap Swim 1:00 - 4:55 pm	Monarch School / Lap Swim 1:00 - 1:30 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	
		Open / Lap Swim 1:30 - 4:55 pm				
	Swim Lessons 5:00 - 6:00 pm	Titans Swim Team 5:00 - 7:00 pm	Swim Lessons 5:00 - 6:00 pm	Titans Swim Team 5:00 - 7:00 pm	Titans Swim Team 5:00 - 7:00 pm	
	Swim Lessons / Titans Swim Team 6:00 - 7:00 pm		Swim Lessons / Titans Swim Team 6:00 - 7:00 pm			
	Lessons / Titans / Lap Swim 7:00 - 7:45 pm	Aqua Fit Lap Swim (2) 7:05 - 7:55 pm	Lessons / Titans / Lap Swim 7:00 - 7:45 pm	Aqua Fit Lap Swim (2) 7:05 - 7:55 pm	Titans / 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.



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.**