

2021 Stratford Richardson YMCA Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-10:00AM Lap Swim (L1-L2)	6:00AM-8:00 AM Lap Swim (L1-L2) 8:00AM-8:45AM Water Fitness (L1-L2)* 9:00AM-9:45AM Water Fitness (L1-L2)*	6:00AM-10:00AM Lap Swim (L1-L2)	6:00AM-8:00 AM Lap Swim (L1-L2) 8:00AM-8:45AM Water Fitness (L1-L2)* 9:00AM-9:45AM Water Fitness (L1-L2)*	6:00AM-11:30AM Lap Swim (L1-L2)	8:00AM-10:00AM Lap Swim (L1-L2)	YMCA CLOSED
10:00-10:45AM Water Yoga (L1-L2)*	10:00-10:45AM Water Fitness (L1-L2)*	10:00-10:45AM Water Yoga (L1-L2)*	10:00-10:45AM Water Walking/ Run (L1-L2)*			
11:00AM-2:30PM Lap Swim (L1-L2)	11:00AM-2:30PM Lap Swim (L1-L2)	11:00AM-2:30PM Lap Swim (L1-L2)	11:00AM-2:30PM Lap Swim (L1-L2)			
2:30PM-3:45PM CLOSED	2:30PM-3:45PM CLOSED	2:30PM-3:45PM CLOSED	2:30PM-3:45PM CLOSED			
4:00PM-5:30PM Family Swim (0-Depth— Basketball Goal Area)	4:00PM-5:30PM Family Swim (0-Depth— Basketball Goal Area)	4:00PM-5:30PM Family Swim (0-Depth— Basketball Goal Area)	4:00PM-5:30PM Family Swim (0-Depth— Basketball Goal Area)			
4:00PM-6:00PM Lap Swim (L1-L2)	4:00PM-5:00PM Lap Swim (L1-L2) 5:30PM-6:40PM Group Swim Lessons 6:45PM-7:45PM Private Swim Lessons	4:00PM-6:00PM Lap Swim (L1-L2)	4:00PM-5:00PM Lap Swim (L1-L2) 5:30PM-6:40PM Group Swim Lessons 6:45PM-7:45PM Private Swim Lessons			
6:30PM-7:15PM Water Fitness (L1-L2)*		6:30PM-7:15PM Water Fitness (L1-L2)*				
7:15PM-7:30PM Safety Cleaning	7:00PM-7:30PM Safety Cleaning	7:15PM-7:30PM Safety Cleaning	7:00PM-7:30PM Safety Cleaning			

- There will be designated area roped off for other participants. Everything in "Red" means no lap lane available.

Lap Swim Etiquette: Lap Swim should be orderly, continuous swim. Swim in a circle approximately 5-10 seconds apart. Slower swimmers must allow faster swimmers to pass; wait at the wall until the faster swimmer turns. Staff may have to move lanes to accommodate the pool schedule. **LANE 1:** closest to Family Locker Rooms; **LANE 2:** closest to the windows.

Aquatics Information: The Y offers several Aquatics programs ranging from: Swim Lessons, Water Aerobics, Lifeguard Training, Private Stroke Technique and more.

Pool Closing: The pool will close for thunder and lightening for 30 minutes after each accuracy.

Safety Breaks: A "10 minute Safety Break" will be provided to the morning lifeguard at the 45 minute point of every hour. The pool area closes 30 minutes before the branch close.