

2021 Stratford Richardson YMCA

Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-10:00 AM 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)* 10:00-10:45AM Water Yoga (L1-L2)* 11:30-12:00PM Safety Cleaning	6:00AM-10:00 AM Lap Swim (L1-L2)	6:00AM-8:00AM Lap Swim (L1-L2) 8:00AM-8:45AM Water Fitness (L1-L2)* 9:00AM-9:45AM Water Fitness (L1-L2)* 10:00-10:45AM Water Fitness (L1-L2)* 11:30-12:00PM Safety Cleaning	YMCA CLOSED	YMCA CLOSED	YMCA CLOSED
4:00PM—5:30PM Family Swim (0 Depth- Basketball Goal Area) 4:00PM-6:00PM Lap Swim (L1-L2) 6:00PM-6:30PM Safety Cleaning	4:00PM—5:30PM Family Swim (0 Depth- Basketball Goal Area) 4:00PM-5:00PM Lap Swim (L1-L2) 5:30PM—6:40PM Group Swim Lessons (L1-L2) 7:00PM-7:30PM Safety Cleaning	4:00PM—5:30PM Family Swim (0 Depth- Basketball Goal Area) 4:00PM-6:00PM Lap Swim (L1-L2) 6:00PM-6:30PM Safety Cleaning	4:00PM—5:30PM Family Swim (0 Depth- Basketball Goal Area) 4:00PM-5:00PM Lap Swim (L1-L2) 5:30PM—6:40PM Group Swim Lessons (L1-L2) 7:00PM-7:30PM Safety Cleaning			
6:30PM-7:15PM Water Fitness (L1-L2)* 7:15PM-7:30PM Safety Cleaning	7:00PM-7:30PM Safety Cleaning	6:30PM-7:15PM Water Fitness (L1-L2)* 7:30PM-8:00PM 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, Life-guard Training, Private Stroke Technique and more.

Pool Closing: The pool will close 30 minutes prior to the facility closing. The pool will close for thunder and lightning 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.