

2020 Stratford Richardson YMCA Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YMCA CLOSED AM	7:00AM-8:00 AM Lap Swim (L1-L2) 8:00AM-8:45AM Water Fitness (L1-L2)* 9:00AM-9:45AM Village Heart Beat (L1-L2)* 10:00-10:45AM Water Fitness (L1-L2)* 11:00-11:30AM Safety Cleaning	YMCA CLOSED AM	7:00AM-8:00 AM Lap Swim (L1-L2) 8:00AM-8:45AM Water Fitness (L1-L2)* 9:00AM-9:45AM Village Heart Beat (L1-L2)* 10:00-10:45AM Water Fitness (L1-L2)* 11:00-11:30AM Safety Cleaning	YMCA CLOSED	YMCA CLOSED	YMCA CLOSED
1:00PM-3:00PM Lap Swim (L1-L2) 3:00PM-4:15PM All Day Group Swim Lesson 4:15PM-4:45PM Safety Cleaning		1:00PM-3:00PM Lap Swim (L1-L2) 3:00PM-4:15PM All Day Group Swim Lesson 4:30PM-5:15PM Invest Collegiate 5:15PM-5:45PM Safety Cleaning				
	4:00PM-6:00PM Lap Swim (L1-L2)		4:00PM-6:00PM Lap Swim (L1-L2)			
6:30PM-7:15PM Water Fitness (L1-L2)*	6:00PM-6:30PM Safety Cleaning	6:30PM-7:15PM Water Fitness (L1-L2)*	6:00PM-6:30PM Safety Cleaning			
7:30PM-8:00PM Safety Cleaning		7:30PM-8:00PM 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 Cleaning: thirty minute pool closure for our staff and patrons.