

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-9:00AM Water Fitness (L1-L2)*	YMCA CLOSED AM	7:00AM-8:00 AM Lap Swim (L1-L2) 8:00AM-9:00AM Water Fitness (L1-L2)*	YMCA CLOSED	YMCA CLOSED	YMCA CLOSED
	9:00-9:30 AM Safety Cleaning 9:30-11:00AM Water Fitness (L1-L2)*		9:00-9:30 AM Safety Cleaning 9:30-11:00AM Water Fitness (L1-L2)*			
	11:00-11:30AM Safety Cleaning		11:00-11:30AM Safety Cleaning			
1:00PM-3:00PM Lap Swim (L1-L2) 3:00PM-3:30PM Safety Cleaning		1:00PM-3:00PM Lap Swim (L1-L2) 3:00PM-3:30PM Safety Cleaning				
	4:00PM-6:00PM Lap Swim (L1-L2)		4:00PM-6:00PM Lap Swim (L1-L2)			
6:30PM-7:30PM Water Fitness (L1-L2)*	6:00PM-6:30PM Safety Cleaning	6:30PM-7:30PM 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 30 minutes prior to the facility closing (8:30 M-TH, 6:30 F, 3:30 Sat.) The pool will close for thunder and lightning for 30 minutes after each accuracy but the steam and sauna rooms will stay open during those times.

Safety Cleaning: thirty minute pool closure for our staff and patrons.