

## Pittston YMCA Pool Schedule

<b>THINGS TO BE AWARE OF:</b>  <ul style="list-style-type: none"> <li>• Please see the reverse side for pool rules.</li> <li>• During Water Fitness and Physical Therapy, the deep end may be used for Open Swim.</li> <li>• <b><u>Text POOLALERTS to 84483 to receive text alerts about pool closures.</u></b></li> <li>• Questions about Aquatics? Reach out to Caroline Geier, Aquatics Coordinator <a href="mailto:caroline.geier@wvymca.org">caroline.geier@wvymca.org</a> or Sam Reinhardt, Aquatic Program Coordinator, <a href="mailto:sam.reinhardt@wvymca.org">sam.reinhardt@wvymca.org</a> or (570)970-5051</li> </ul>		<b>LAP LANES</b>	<b>OPEN SWIM</b>	<b>AQUA PROGRAMS</b>
	<b>Mondays</b>	6:30am-9am (4 lanes) 9:00am-1pm (2 lanes) 3:30-7:30pm (2 lanes)	9am-10am (2 lanes) 12pm-1pm (2 lanes) 3:30pm-6:45pm (2 lanes)	<b>Lessons: 10:00am-11am (2 lanes)</b> <b>Water Fitness 11:15am-12pm (2 lanes)</b> <b>Water Fitness 6:45pm-7:30pm (2 lanes)</b>
	<b>Tuesdays</b>	<b>6:30am-9am (4 Lanes)</b> 9am-10am (2 lanes) 10am-12pm (1 lane) 12pm-1pm (2 lanes) 3:30pm-5:15pm (2 lanes) 5:15pm-5:50pm (1 lane) 5:50pm-6:45pm (2 lanes)	9am-10am (2 lanes) 12pm-1pm (2 lanes) 6pm-6:30pm (2 lanes)	<b>Water Fitness: 6:00-6:45pm</b>
	<b>Wednesdays</b>	<b>6:30am-9am (4 Lanes)</b> <b>9am-1pm (2 lanes)</b> <b>3:30pm-4:30pm (2 lanes)</b> <b>4:30pm-6:15pm (1 lane)</b> <b>6:15pm-7:30pm (2 lanes)</b>	9am-10am (2 lanes) 12pm-1pm (2 lanes)	<b>Water Fitness 11:15am-12pm (2 lanes)</b> <b>Lessons 4:15pm-6:20pm (3 lanes)</b> <b>Water Fitness 6:45pm-7:30pm (2 lanes)</b>
	<b>Thursdays</b>	<b>6:30am-9am (4 lanes)</b> <b>9am-1pm (2 lanes)</b> <b>3:30pm-6:45pm (2 lanes)</b>	9am-1pm (2 lanes) 3:30pm-5pm (2 lanes) 6pm-6:30pm (2 lanes)	<b>Lessons 10:00am-11am (2 lanes)</b> <b>Lessons: 4:15pm-5:55pm (2 lanes)</b> <b>Water fitness: 6:00-6:45pm (2 Lanes)</b>
	<b>Fridays</b>	<b>6:30am-9am (4 lanes)</b> <b>9am-1pm (2 lanes)</b>  <b>3:30pm-6:30pm (2 lanes)</b>	9am-11:15am (2 lanes) 12pm-1pm (2 lanes) 3:30pm-6:30pm (2 lanes)	<b>Water Fitness: 11:15am-12pm</b>
	<b>Saturdays</b>	8:00am-9am (4 lanes)	<b>9:00am-12pm (2 lanes)</b>	<b>Private Birthday Parties Begin at 12pm. Please call to reserve!</b>
	<b>Sundays</b>	Closed	Closed	<b>Private Birthday Parties Begin at 12pm. Please call to reserve</b>
	<b>Pool schedule is subject to change!</b>			

## **YMCA Pool Rules**

- YMCA Lifeguard has final authority.
- It's the rule, one long whistle—exit the pool immediately.
- For your safety, children 6 and under must be actively supervised in the water by an adult 18 years or older.
- As the YMCA is a public facility, please expect to have to share a lane with someone else.
- Lap lanes may be used for family/open swim if they are not being utilized for lap swim. If lap swimmers arrive to use the scheduled lap lane, family/open swimmers will be asked to leave.
- Lap swimming is defined by continuous forward movement in a primarily horizontal position, regardless of speed, ability, or stroke. "Water walking" in a primarily vertical position is not considered to be lap swimming.
- Recreational Diving is allowed by adults only, and use of the diving blocks is prohibited to everyone during lap and family/open swim.
- Please walk on the pool deck as it can be slippery when wet.
- Breath holding for longer than 10 seconds is prohibited, please refrain from swimming over half the distance of the pool without taking a breath.
- United States Coast Guard approved lifejackets may be used.
- All pool equipment must be used appropriately.
- Swimming without a certified lifeguard on duty is prohibited.
- All children under age 3 must wear a reusable swim diaper regardless of toilet training. •

Horseplay, rough housing, pushing, and throwing children is not permitted.

- Please shower before entering the pool.
- Eating is not permitted on the pool deck.
- Appropriate swimming attire must be worn at all times (cut-offs, jeans, underwear, etc. are not permitted).
- All personal trainers and swim instructors are hired by the YMCA, and non-YMCA personal trainers or swim instructors are prohibited from conducting personal training sessions or lessons at YMCA facilities.
- Do not perform flips, spins, back dives/jumps.
- No glass of any kind on the pool deck.
- Water wings, inner tubes, rafts, or other flotation that inflates with air and mermaid tails are strictly prohibited.
- Non-swimming children, or those that rely on the use of flotation are not allowed in the deep end and must have an adult in the water with them at all times.

**Rules will be enforced by all YMCA employees. Failure to follow the rules may result in removal from the premises without refunds or credits, and any other action that management deems appropriate.**