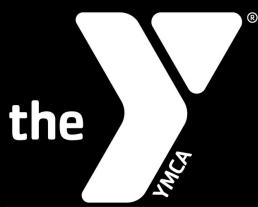


# PITTSTON YMCA

## Winter FULL POOL

### SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-9:00 LAP SWIM 4 LANES	6:30-9:00 LAP SWIM 4 LANES	6:30-9:00 LAP SWIM 4 LANES	6:30-9:00 LAP SWIM 4 LANES	6:30-9:00 LAP SWIM 4 LANES	8:00-12:00 OPEN SWIM 4 LANES	10:00-12:00 FAMILY SWIM 4 LANES
9:00-10:00 OPEN SWIM 4 LANES	9:00-1:00 OPEN SWIM 4 LANES	9:00-11:15 OPEN SWIM 4 LANES	9:00-10:00 OPEN SWIM 4 LANES	9:00-11:15 OPEN SWIM 4 LANES	12:00-4:00 PARTIES 4 LANES	12:00-4:00 PARTIES 4 LANES
10:00-12:15 OPEN SWIM 2 LANES	3:30-4:15 OPEN SWIM 4 LANES	11:15-12:00 OPEN SWIM 1 LANE	10:00-12:00 OPEN SWIM 2 LANES	11:15-12:00 OPEN SWIM 1 LANE		
10:00-12:00 LESSONS 2 LANES	4:15-6:00 OPEN SWIM 0 LANES	11:15-12:00 AFAP 3 LANES	10:00-12:00 LESSONS 2 LANES	11:15-12:00 AFAP 3 LANES		
12:15-1:00 AFAP 3 LANES	4:15-6:00 LESSONS 2 LANES	12:00-1:00 OPEN SWIM 4 LANES	12:00-1:00 OPEN SWIM 4 LANES	12:00-1:00 OPEN SWIM 4 LANES		
12:15-1:00 LAP SWIM 1 LANE	6:00-7:00 OPEN SWIM 1 LANE	3:30-6:45 OPEN SWIM 4 LANES	3:30-6:00 OPEN SWIM 4 LANES	3:30-6:30 OPEN SWIM 4 LANES		
3:30-4:15 OPEN SWIM 4 LANES	6:00-6:45 AFAP 3 LANES	6:45-7:30 OPEN SWIM 1 LANE	6:00-7:00 OPEN SWIM 1 LANE			
4:15-6:45 OPEN SWIM 2 LANES		6:45-7:30 AFAP 3 LANES	6:00-6:45 AFAP 3 LANES			
4:15-6:45 LESSONS 2 LANES						
6:45-7:30 OPEN SWIM 1 LANE						
6:45-7:30 AFAP 3 LANES						

#### Reading the schedule:

**RED** = Lap swim (lap swimming only)

**PURPLE** = Open Swim (can consist of: lap swim, family swim, water therapy, water walking, etc.)

**BLUE** = AFAP (water aerobics)

**ORANGE** = Lessons

**BLACK** = Family Swim (Wibits)

**YELLOW** = Birthday Parties

# PITTSTON YMCA POOL RULES



**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.**

- The YMCA lifeguard has final authority.
- One long whistle blast-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. Children 14 and under must have an adult 18 years or older in the pool area for supervision purposes.
- 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 primary 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 is slippery when wet.
- Extended breath holding is prohibited, please refrain from swimming over half the distance of the pool without taking a breath.
- United States Coast Guard approved life jackets may be used.
- All pool equipment must be used appropriately.
- Swimming without a certified lifeguard on duty is prohibited.
- All children not fully potty trained must wear a swim diaper.
- Horseplay, rough housing, pushing, and throwing children is prohibited.
- Eating is not permitted on the pool deck.
- Appropriate swim 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. 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 is allowed on the pool deck.
- Water wings, inner tubes, rafts or other flotation devices that inflate with air are strictly prohibited. Mermaid tales are permitted for adult use only.
- Non-swimming children, or those that rely on the use of flotation devices are not allowed in the deep end.