



Pool Schedule

October 28-December 22, 2019

DODGE YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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Lap Swimming Hours	5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	5:30am-10:30pm	6am-7:30pm	7am-7:30pm
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Lap Lane Speed Information

Lane 2- Slow

Lane 3 & 6 - Medium 75 SECONDS OR LESS PER LAP

Lane 4 - Med-Fast 60 SECONDS OR LESS PER LAP

Lane 5 - Fast 45 SECONDS OR LESS PER LAP

2+ SWIMMERS CIRCLE SWIM

9a-2pm 2 lanes only
(Med & Med-Fast)

10a-1pm 2 lanes only
(Med & Med-Fast)

*You must be able to lap swim continuously to be in the lap lanes. All ages, strokes and kickboards are permitted. Private swim lessons are permitted. Private swim lessons are taught during open swim hours.

Aqua Walker/Jogger Exercise Lane 1	5:30am -7am	5:30am -7am	5:30am -7am	5:30am -7am	5:30am -7am	6am - 8am	7am -8:30am
	8am - 10am	8am - 10am	8am - 10am	8am - 9am	8am - 10am	8am - 9am Lanes 1 & 2 (DEEP END ONLY)	8:30am -10am Lanes 1 & 2 (DEEP END ONLY)
	2pm -3pm	2:00 - 2:30pm	2:30pm - 3pm	11am - 11:30am 12:30pm - 1pm	11am - 11:30am 12:30pm - 3pm	12:15pm - 2pm	12:15pm - 1pm
		5:15pm - 6pm	4:30pm - 6pm	3pm - 6pm	3 pm - 4 pm	4 pm -5 pm	6 pm -7:30 pm
	8 pm - 10:30pm	8 pm - 10:30pm	8 pm - 10:30pm	7 pm - 10:30pm	8:30pm - 10:30pm	6 pm -7:30 pm	

Adult Water Aerobics (Included with Membership)	7am - 8am	7 am - 8am	7 am - 8am	7 am - 8am	7 am - 8am		
	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm	12pm - 1pm		

Swim Lessons (Fee Based Programs)				12 pm - 1pm 1pm-2pm			
	3:30pm - 6pm	3:30pm - 6pm	3:30pm - 6pm	3pm - 6pm	4pm - 6pm	8am - 3pm	8:30am - 1:20pm
	6pm -9pm	7pm -9pm	6 pm - 8pm	7pm - 8pm			

Community Partnerships		1p-2p (LANES 1&2) 4p-5p (LANES 5&6)		2:30pm - 3:15pm 10am - 11am	10am - 11am 4p-5p (LANES 5&6)		
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Aquatics Department Information

Swim Caps are available for purchase at the membership desk for \$10.00

Towels are available in both the men's and women's locker rooms and on the pool deck

Family-friendly locker rooms are available for adults who wish to accompany their child that is aged 5 and over and of the opposite gender

Swim Evaluations for aquatic classes are done 2 weeks prior to the start of the class. Evaluations are Mon-Fri, 3 to 5 PM and Sat & Sun, 12-2 PM.

Swim Safely

Children 8 years old or younger must be within arm's length of a parent/adult guardian when in the pool.

Children between the ages of 9 and 11 must have a parent/adult guardian on the pool deck or viewing area at all times.

Adults/guardians on the pool deck MUST be in swim attire.

Members should shower before entering the pool.

Street shoes are not allowed on the pool deck.

Everyone in the pool must wear a swim cap.

No gym shorts, cutoffs or other converted street clothing may be worn as bathing suits.

Individuals with infections, open sores or cuts and ear/nose discharge will not be allowed to enter the pool.

Spitting in the pool or pool gutters is not allowed.

Band-Aids, bandages, metal hair clips and hairpins must be removed before entering the pool.

Inflatable flotation devices, balls or other large pool toys are not permitted.

Instructional swim aids (kick boards, barbells, pull buoys) are only for class use.

No food and gum permitted in the pool area. Glass bottles are strictly prohibited.

All questions regarding Aquatics should be directed to the Aquatics Director, Aytaiisa Kirkpatrick, at 212.912.2421 or akirkpatrick@ymcanyc.org



FAMILY SWIM SUMMER SCHEDULE DODGE YMCA

October 28th - December 22nd ,2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10A-10:45A (LANE 1)	10A-11A (LANE 1)	10A-11A (LANE 1)	9A-10A (LANES 1 & 2)	10A-11A (LANE 1)	9A-10A (LANES 1 & 2)	9A-10A (LANES 1 & 2)
10:45a-11:30A (LANE 1)	2:30P-3:15P (LANE1)	1:30P-2:30P (LANE1)	10A-11A (LANES 1 & 2)	3P-4P (LANES 1 & 2)	10A-10:45A (LANES 1 & 2)	10A-10:45A (LANES 1 & 2)
1P-2P (LANE 1)	3:15P-4:00P (LANE1)	3P-3:45P (LANE 1)	1P-2P (LANES 1 & 2)	4P-5P (LANES 1)	10:45A-11:30A (LANES 1 & 2)	10:45A-11:30A (LANE 1 & 2)
3P-3:45P (LANES 1 & 2)	6P-7P (LANES 1)	3:45-4:30p (LANES 1)	2P-3P (LANES 1 & 2)	6:30P-7:30P (LANE 1)	11:30A-12:15P (LANES 1 & 2)	11:30A-12:15P (LANES 1 & 2)
3:45-4:30p (LANES 1)		6P-7P (LANE 1)	6P-7P (LANE 1)	7:30P-8:30P (LANES 1 & 2)	2P-2:45P (LANE 1)	1P-2P (LANES 1 & 2)
6P-7P (LANES 1)	*WRIST BANDS WILL BE DISBURSED 15 MIN BEFORE EACH SESSION STARTS. FAMILY SWIM IS ON A FIRST - COME, FIRST SERVED BASIS FOR THOSE WITH Dodge YMCA MEMBERSHIPS ONLY. (No Guest Passes for Family Swim)*				2:45P-3:30P (LANES 1 & 2)	2P-2:45P (LANE 1)
					5P-6P (LANES 1 & 2)	2:45P-3:30P (LANES 1 & 2)

Family Swim Guidelines

Family swim time strengthens relationships between families! For all to have an enjoyable experience, please observe the following:

- Access to Family Swim is on a first-come, first-served basis for those with family memberships only. Wrist bands are required during all Family Swim sessions.
- Due to limited space, families may attend a maximum of one swim session daily.
- Wrist bands are distributed at the front desk 15 minutes prior to the start of every session. All Family Swim participants must be present when picking up wrist bands. You must also present all membership cards for each family member.
- All FAMILY swim participants must follow the ratios below:
 - 1 Adult per 2 non-swimming children
 - *ALL non-swimming children MUST be in arms reach of Adult at all times*
 - 1 Adult per 3 swimming children including 9+ years of age through teenagers
 - * Swimmers are considered those who can swim one length of the pool with no flotation device and tread water for at least 30 seconds
- All participants must wear a swimming cap and proper swim attire, which includes swim diapers for infants and children who are not potty-trained.
- Please shower before entering the pool.
- Inflatable flotation devices are not allowed.
- Non-swimmers must remain in the shallow end.
- For your safety, running, jumping and diving are prohibited.
- Please note, there is no observation space available on the Pool deck.
- Please respect the decisions of our lifeguards and be courteous to other members. Your cooperation is greatly appreciated.

For more information about our Aquatics programs, contact Aytaiassa Kirkpatrick, Aquatics Director at 212-912-2421 or akirkpatrick@ymcanyc.org