



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL 1 SCHEDULE:

October 29 through December 23, 2018

Pool Hours of Operation	MON	TUE	WED	THU	FRI	SAT	SUN
	5:45am-10:15pm	5:45am-10:15pm	5:45am-10:15pm	5:45am-10:15pm	5:45am-10:15pm	6:30am-7:15pm	6:30am-7:15pm
Adults Only	5:45am-8:00am (4/0)	5:45am-8:00am (4/0)	5:45am-8:00am (4/0)	5:45am-8:00am (4/0)	5:45am-8:55am (4/0)	6:30am-8:15am (4/0)	6:30am-8:00am (4/0)
	11:40am-1:00pm (2/2)	11:50am-12:30pm (2/2)	11:20am-12:30pm (4/2)	10:00am-10:30am (1/0)	10:00am-10:40am (3/0)	9:30am-1:00pm (1/0)	10:00am-12:00pm (1/0)
	4:00pm-7:45pm (1/0)	3:30pm-6:00pm (1/0)	3:30pm-5:45pm (1/0)	10:30am-11:00am (2/0)	11:40am-12:30pm (2/2)		12:00pm-1:00pm (4/2)
	9:00pm-10:15pm (4/0)	8:05pm-9:00pm (6/0)	5:45pm-7:15pm (2/0)	11:00am-11:55am (4/0)			3:15pm-5:00pm (2/0)
		9:00pm-10:15pm (4/0)	9:30pm-10:15pm (4/0)	8:00pm-9:00pm (3/0)	4:00pm-7:55pm (1/0)		
				9:00pm-10:15pm (4/0)	9:05pm-10:15pm (4/0)		
Open Swim	1:00pm-3:55pm (2/2)	12:30pm-12:55pm (2/2)	12:30pm-3:25pm (2/2)	12:00pm-1:00pm (2/2)	12:30pm-1:00pm (2/2)	1:30pm-4:00pm (3/3)	
		2:00pm-3:25pm (2/2)		2:00pm-4:00pm (2/2)	2:00pm-3:55pm (2/2)	4:30pm-7:15pm (2/2)	
		6:00-7:00pm (0/2)			8:05pm-9:00pm (2/4)		
		7:00pm-7:55pm (3/3)					
Lap Swim				4:00pm-5:00pm (3/0)			
Family Swim							1:15pm-3:00pm (0/6)

Numbers in parenthesis indicate lane space available. Lap lanes are always listed first, followed by non-lap lanes. For example: 4/2 would indicate 4 lap lanes and 2-non lap, and 2/0 would indicate 2 lap lanes and 0 open lanes. Lane space subject to change based on bather load and sharing with private swimmers. Various programs run in our pool throughout the day, which account for the lane availability.

POOL GUIDE

Our pool is a safe and fun environment for all. Please respect the following pool structure:

Adults only: Lap lanes and/or non-lap lanes are available to full members 18 years of age or older.

Open Swim: Both lap lanes and non-lap lanes available for all full members and active 7th grade members for continuous lap swim or free play in non-lap lanes. Only noodles and approved flotation devices may be used in open areas during open swim.

Lap: ONLY LAP LANES are available for continuous lap swim for all full members and active 7th grade members.

Family Swim: No lap lanes, all free play for full member families and active 7th grade members. Only noodles and approved flotation devices may be used during family swim.

SWIM SAFELY

For the health, safety and enjoyment of our members, we ask that everyone please comply with the following:

Swimmers must circle swim when 3 or more swimmers are present in one lane.

Please abide by all lane closure signs.

Children wearing flotation must have adult supervision in water and within arm's reach.

Breath-holding activities are strictly prohibited.

All non-swimmers must remain in the shallow end.

All swimming children under the age of 8 must have adult supervision on the pool deck.

All swimming children ages 8-12 must have adult supervision in the building.

Pools and whirlpool will close in the event of an electrical storm.

Swimmers wishing to swim in the deep end must pass a swim test. For swimmer safety, the test will be given at the lifeguard's discretion and only when there is more than one lifeguard on duty. Upon successful completion of the swim test, the swimmer will receive a green wrist band to wear while swimming. Swimmers who have not taken the test must remain in the shallow end.

FUN FOR THE FAMILY!

Whether you are learning to swim, participating in a swim class, swimming laps, or spending quality time in the water with your family, the Y is the place for you.

Our two heated pools offer a flexible schedule to meet your needs, with swimming options throughout the week.

Programs such as swim lessons, water exercise, SCUBA, competitive swimming and Lifeguard Training allow participants to learn new skills, develop self-confidence and enjoy physical activity in the water, all supporting healthy living.

For more information, visit fspymca.org. If you have any questions regarding our swim programs, please call Ellen Daudelin at 908-889-8880 or email edaudelin@fspymca.org.



Fanwood-Scotch Plains YMCA
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fspymca.org



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Y AQUATICS

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YMCA

