



ATTLEBORO YMCA DOWNTOWN POOL SCHEDULE

FALL I: 9/11/17 – 10/29/17

Fall II: 10/30/17 – 12/24/17

Balfour Pool (25yards, 87-89°)

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|--------------------------------------|
| Lap Swim | 5:10-8:30am (1) 9:30am- 12:00pm (1) 1:35pm-9:00pm(1) | 5:10-8:30am (1) 11-12:00pm (1) 1:35pm-9:00pm(1) | 5:10-8:30am (1) 9:30-12:00pm (1) 1:35pm-9:00pm(1) | 5:10-8:30am (1) 11:00-12:00pm(1) 1:35pm-9:00pm(1) | 5:10am-9:00am (1) 10:00a-12:00pm(1) 1:35pm-9:00pm(1) | 7:10am-9:00am (1) 12:00pm-7:30pm(1) | 7:10am-7:30pm (1) |
| Adult Open Swim | 5:10-8:30am(3) 9:30-12:00pm(3) 1:35-9:00pm (3) | 5:10-8:30am(3) 11:00am-12:00pm(2) 1:35pm-6:30pm(3) 8:15pm-9:00pm (3) | 5:10-8:30am(3) 9:30am-12:00pm(3) 1:35p-4:30pm(3) 7:30-9:00pm(3) | 5:10-8:30am (3) 11:00a-12:00pm(3) 1:35pm-4:30pm(3) 7:30pm-9:00pm(3) | 5:10-9:00am(3) 10:00am-12:00pm(3) 1:35pm-9:00pm (3) | 7:10-9:00am (3) 12:00pm-7:30pm(3) | 7:10am-9:30am(3) 11:00a-7:30pm(3) |
| Family Swim | 11:00-12:00pm(3) 1:35pm-4:30pm(3) 7:00-9:00pm(3) | 11:00-12:00pm(2) 1:35pm-6:30pm(3) 8:15pm-9:00pm(3) | 11:00-12:00pm 23) 1:35pm-4:30 pm(3) 7:30pm-9:00pm(3) | 11:00a-12:00pm(2) 1:35pm-4:30pm(3) 7:30-9:00pm(3) | 10:00am-12:00pm(3) 1:35pm-9:00pm(3) | 12:00pm-7:30pm (3) | 7:10A-9:30am (3) 12:00-7:30pm (3) |
| Water Fitness | WATERinMOTION 8:30-9:25am (4) | WATERinMOTION 8:30-9:25am (4) Water Yoga 9:30-10:00am (4) Water Rehab&More 10-10:55am (4) | Y Water Fit 8:30-9:25am (4) | WATERinMOTION 8:30-9:25am (4) Water Rehab & More 10-10:55am (4) | Y Water Fit 8:30-9:25am (4) | | |
| Socialize and Swim | | 6:45pm-7:30pm(3) | | | | | |
| Preschool/Sneakers Swim Lessons | | 11:00am-12:00pm(2) | 11:00am-12:00pm(2) | 11:00am-12:00pm(2) | | | |
| Swim Lessons | 9:30am-10:30am (2) 4:30pm-7:00pm(3) | | 9:15am-11:00am (3) 4:30pm-7:30pm(3) | 9:30-10:00am(3) 4:30pm-7:00pm(3) | | 9:00am-12:00pm(3) | 9:35am-12:00pm(3) |

SWEET POOL (25 yards, 81-83°F)

| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|--|--|---|--|--|--|-----------------|
| Lap & Fitness Swim | 5:10-9:30am (4) 9:30-10:30am (2) 10:30-1:30pm (4) 3:00-4:30pm(4) 4:30pm-8:00pm (1) 8:00-9:30pm(4) | 5:10-9:00am (4) 9:00-10:00am (2) 10:00-1:30pm (4) 3:00-6:30pm (4) 6:30-8:30pm(0) 8:30-9:30pm(2) | 5:10-9:30am (4) 9:30-10:30am (1) 10:30-1:30pm (4) 3:00-4:30pm(4) 4:30-8:00pm(1) 8:00-9:30pm(4) | 5:10am-1:30pm (4) 3:00p-7:00pm (4) 7:00-9:00pm(1) 9:00-9:30pm (4) | 5:10-10:00am(4) 10:00-11:00am(2) 11:00-1:30pm(4) 4:30-8:00pm(1) 8:00-9:30pm(4) | 7:10am-7:30am (4) 7:30am-11:00am(1) 11:00-7:30pm (4) | 7:10-7:30pm (4) |
| Swim Team | 4:30-8:00pm (3) | Drylands: 4:30-6:30 | 4:30-8:00pm(3) | Drylands: 4:30-7pm | 4:30-8:00pm (3) | 7:30am-11:00am (3) | |
| Synchro | | 6:30-8:30pm(4) | | 7:00-9:00pm(3) | | | |
| Masters SYNCRO | | | 8:00-9:00pm(2) | | | | |
| Water Fitness | | | Tabata Splash 9:30-10:325m(3) | | | | |

Updated 9/6/17 (#)= Number of lanes available for activity; Subject to change at any time based on number of participants, swim meets and events.

NOTE : Any child that needs to wear a lifejacket or bubble in the pool, **MUST** have an adult in the water with them within arms reach.

KEEPING OUR SWIMMERS SAFE

Pool Rules:

1. Swimming is only allowed when a lifeguard is on duty.
2. Please uphold the YMCA core values: Honesty, Caring, Respect, and Responsibility.
3. Please walk on the pool deck. No running.
4. No extended underwater swimming or breath-holding.
5. Equipment & toys may be used at the lifeguard's discretion. **INFLATABLES ARE NOT ALLOWED.**
6. All swimmers 12 & under must take a swim test. Swimmers over 12 years old may be swim tested at the lifeguard's discretion.
7. Bathing suits must be worn. No street clothes are permitted. Young children must wear swim diapers.
8. No food or gum is allowed on the pool deck or in the pool. No glass bottles.
9. The lifeguard on duty has the final say! Please respect their authority as they are here to keep our swimmers safe!

Lap Swim Etiquette

1. Please notify all other swimmers in a lane before starting to swim.
2. Swimmers are expected to share lanes when needed:
 - 2 swimmers in a lane: Split the lane in half
 - 3 or more swimmers per lane: CIRCLE swim staying to the right.
3. Please choose a lap lane with swimmers of a similar speed/ability when possible.

Family Swim Guidelines:

1. Parents are responsible for actively supervising their children at all times.
2. All swimmers 12 & under must take a swim test.
3. Children under 9 must be accompanied in the pool area or in the water by an adult. Any child under 9 who does not pass the swim test must be accompanied by an adult in the water & stay within arm's reach in the shallow end.
4. Instructional Equipment, including starting blocks, may not be used during Family Swim.
5. Toys & noodles may be used at the lifeguard's discretion depending on the number of patrons.
6. Only YMCA bubbles and Coast Guard approved flotation devices are allowed. No inflatable devices, such as water wings, inner tubes, rafts, etc.

SWIM TEST

- Swim Test: Jump into the pool and swim 1 pool length of rudimentary front crawl without flotation.

Ages 12 and under:

- If a child can pass the swim test, they may swim anywhere in the pool without having an adult in the water. Children under 9 must have an adult on the pool deck.
- If a child is under 9 and does not pass the swim test, then they must stay in the shallow end and have an adult in the water with them within arm's reach.
- A child ages 9-12 may perform a Shallow Water Competency test in order to be in the shallow end without an adult. If unable to complete the shallow water competency test, the child must have an adult in the water or wear a PFD and stay in the shallow end.

Ages 13 & up:

- The lifeguard may ask a swimmer to perform the skills of the swim test if they are uncertain of the swimmer's ability and may instruct the swimmer to remain in the shallow end of the pool if needed.