

Parkville Family Center Y

Summer Pool Schedule 6/22/2014-8/17/2014

- Children 7 and under must be accompanied by an adult in the water
- Lap swim participants must be 16 years or older
- Children ages 8-10 are not permitted in the pool area without adult supervision

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		Lap Swim Only 5:30 - 8:25	Lap Swim Only 5:30 - 7:55	Lap Swim Only 5:30 - 7:10	Lap Swim Only 5:30 - 7:55	Lap Swim Only 5:30 - 8:25	Lap Swim Only 7:00-8:00
8:00 AM		Water Fitness 8:30 - 9:15 (No Lap Lanes)	Aqua Arthritis 8:00-8:45 (No Lap Lanes)	Swim Bootcamp 7:15-8:15 (2 Lap Lanes)	Aqua Arthritis 8:00-8:45 (No Lap Lanes)	Water Fitness 8:30 - 9:15 (No Lap Lanes)	Water Fitness 8:00-9:00 (No Lap Lanes)
9:00 AM	Lap Swim Only 9:00-9:55	Water Fitness 9:30 - 10:15 (No Lap Lanes)	Swim Lessons 9:20-10:20 (2 Lap Lanes)	Water Fitness 8:30 - 9:15 (No Lap Lanes)	Swim Lessons 9:00-10:20 (2 Lap Lanes)	Water Fitness 9:30 - 10:15 (No Lap Lanes)	Swim Lessons 9:00 - 12:00 (No Lap Lanes)
10:00 AM	Water Fitness Challenge 10:00-11:30 (No Lap Lanes)			Water Fitness 9:30 - 10:15 (No Lap Lanes)			
11:00 AM	Lap/Rec Swim 1:15-6:45	Lap/Rec Swim 10:20 - 7:00	Lap/Rec Swim 10:25-4:55	Lap/Rec Swim 10:20 - 8:40	Lap/Rec Swim 10:25-6:40	Lap/Rec Swim 10:20 - 9:45	Lap/Rec Swim 12:05-6:45
12:00 PM							
5:00 PM			Swim Lessons 5:00-6:15 (2 Lap Lanes)		Swim Lessons 5:00-6:35 (No Lap Lanes)		
6:00 PM		Swim Lessons 7:00-7:45 (2 Lap Lanes)	Water Fitness 6:45 - 7:30 (No Lap Lanes)		Water Fitness 6:45 - 7:30 (No Lap Lanes)		
7:00 PM	NOTE: A maximum of five (5) swimmers can be in a lap lane at one time.	Lap/Rec Swim 7:50-8:40	Lap/Rec Swim 7:35-8:45	Lap Swim Only 8:45-9:46	Lap/Rec Swim 7:35-8:45		NOTE: The pool area always closes 15 minutes prior to center closing.
8:00 PM		Lap Swim Only 8:45-9:45	Lap Swim Only 8:45-9:45		Lap Swim Only 8:45-9:45		
9:00 PM							

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

POOL RULES

Children 7 and under	Each child 7 and under must be accompanied by an adult
8 - 10 years old	Children may enter the pool alone but a parent/legal guardian must remain on the pool deck at all times
11 years old and up	May enter the pool alone. Parent/legal guardian supervision is not mandatory. PARENT MUST REMAIN IN THE FACILITY. All participants are subject to a swim test
Lap Swimmers	Lap swimmers must be 16 years and older or approved by a lifeguard for lap swimming

Children 10 and under are not permitted in the pool area without parental supervision

Swimmers of any age may be asked to take a swim test to be permitted to swim in deep water

Proper swimming attire is required for use of the pool

No food or glass containers are permitted in the pool area

Running or horseplay is not permitted

Swimmers not toilet trained must wear a swim diaper

Only floatation devices approved by the Y of Central Maryland are permitted in the pool area

Kickboards and pull buoys are to be used for lap and instructional swim only

Barbells are for aerobics classes only and not permitted in the pool or surrounding area

LAP SWIM RULES

Lanes are arranged from fastest to slowest from inside out.

Choose the lane that best suits your swimming speed

Notify a swimmer before joining his or her lane

When there are two lap swimmers, please split the lane

When there are three plus lap swimmers, circle swim in a counterclockwise motion within the lane

Always seek the least crowded lane

Please refrain from swimming butterfly when sharing a lane

Lap lanes are reserved for swimmers who can participate in continuous lap swim only