



POOL SCHEDULE Lake Community YMCA

330-877-8933 www.ymcastark.org

March 25th–
March 31st

Monday	6:00am-7:50am Lap Swim	8:00am-8:50am Aqua Fitness 2 Lap Lanes	9:00am-9:50am Aqua Fitness 2 Lap Lanes	10:00am-2:00pm Lap Swim	2:10pm-7:00pm Open Swim	7:15pm-8:00pm Aqua Fitness 2 Lap Lanes	8:10pm-8:30pm Lap Swim	
Tuesday	6:00am-7:50am Lap Swim	8:00am-8:45am Aqua Fitness 2 Lap Lanes	9:00am-2:00pm Lap Swim		2:10pm-5:50pm Open Swim		6:00pm-8:30pm Lap Swim	
Wednesday	6:00am-7:50am Lap Swim	8:00am-8:50am Aqua Fitness 2 Lap Lanes	9:00am-9:50am Aqua Fitness 2 Lap Lanes	10:00am-10:20am Lap Swim	10:30am-11:15am Aqua Arthritis 2 Lap Lanes	11:20am-2:00pm Lap Swim	2:10pm-8:30pm Open Swim	
Thursday	6:00am-7:50am Lap Swim	8:00am-8:45am Aqua Fitness 2 Lap Lanes	9:00am-2:00pm Lap Swim		2:10pm-7:10pm Open Swim		7:15-8:00pm Aqua Fitness 2 Lap Lanes	8:10pm-8:30pm Lap Swim
Friday	6:00am-7:50am Lap Swim	8:00am-8:50am Aqua Fitness 2 Lap Lanes	9:00am-9:50am Aqua Fitness 2 Lap Lanes	10:00am-2:35pm Lap Swim		2:45pm-8:30pm Open Swim		
Saturday	8:00am-8:50am Lap Swim	9:00am-9:45am Aqua Fitness 2 lap Lanes	10:00am-12:15pm Swim Lessons 2 Lap Lanes		12:20pm-4:30pm Open Swim			
Sunday	Closed for Easter							

Pool Rules and Regulations

Lap Swim	<p>4 Lap Lanes available during this time. Lap lanes can be shared up to 3 people with circle swimming. If not, then a 30 minute limit will be placed on the lane.</p> <p>The 2 open swim areas are open for water walking and other aerobics or leisure activities.</p>
Open Swim	<p>Children 6-14 will follow the swim band policy. Children under 6 and under 48" MUST have a parent/guardian in the water within arm's reach.</p> <p>2 Lap Lanes available during this time.</p>
Deep Water Testing	<p>Required for anyone 6 years and up through 14 years of age to swim in the deep end of the pool. 15 and older do not need swim testing for green bands.</p> <p>Contact Aquatic Director to make appointment.</p>
Sauna	<p>For members 18 years of age AND out of High School.</p> <p>This area is open while the pool is open. Any closures will be noted on schedule.</p>
Hot Tub	<p>For members 18 years of age AND out of High School.</p> <p>This area is open while the pool is open. Any closures will be noted on schedule.</p>
Swim Lessons	<p>During Swim Lessons the pool will be closed unless Lap Lanes are noted as available. Sauna and whirlpool will be open.</p>
Aqua Fitness	<p>A shallow water workout with a variety of intensities to improve cardio and increase muscle strength and endurance.</p>
Aqua Arthritis	<p>A shallow water program following guidelines from the Arthritis foundations led by certified Arthritis Foundation Program Leaders.</p>

To get notice about sudden closures, class cancellations or updates about possible maintenance please sign up for the Aquatics Remind Group.