

OPEN SWIM TIME

Special times are available for anyone interested in enjoying the swimming pool in a fun, relaxing environment. Children age 6 and under must have direct adult supervision and contact in the water at all times. Children 12 and under must be accompanied by an adult.

LAP SWIM

Lap swim is for members who wish to swim laps. Swimmers must be able to swim the full length of the pool continuously and without support. If space is available, exercising, walking and floating are permitted during lap swim. Lap swim is for adults only.

SWIM LESSONS

Learn how to swim at the YMCA. Swim lessons are taught by trained swim instructors. Private and Group Swim Lessons are available for all ages and swimming abilities.

GENERAL POOL RULES & INFORMATION

1. Horseplay or other unsafe behavior is not permitted.
2. A swim test to assess your ability may be required.
3. Adhere to all rules enforced by lifeguards.
4. Be sure to wear conservative swim attire.
5. Only Coast Guard-approved flotation devices may be used in the pool.*

GENERAL INFORMATION

- Adhere to all instructions by our lifeguards.
- The pool closes before the YMCA closes. Exit the pool as soon as the last activity ends.
- The pool schedule is subject to change at any time. Changes will be posted at our Member Services Desk.

ATTENTION LAP SWIMMERS

- During times of high volume, circle swim may be

AQUATICS DEPARTMENT

Aquatic Director: Andrew Ametrano

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GREATER PITTSTON YMCA
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GREATER PITTSTON YMCA

10 N. Main Street, Pittston, PA 18640 570.655.2255

June 10 - September 1, 2018

AQUATIC SCHEDULE

EVERYONE IS WELCOME AT OUR POOL!

Please remember that our pool is shared by swim lessons, certification classes, lap swimmers, fitness classes, families and all our members.

The pool schedule is subject to change without notice due to weather conditions, swim events, group and private swim lessons, pool rentals, scuba and/or lifeguard classes.

The Y will do everything possible to notify our members as far in advance as possible. Changes will be posted at our Member Services Desk, website and social media sites.

POOL SCHEDULE June 10 - September 1, 2018

| MONDAY | LAP SWIM SECTION | OPEN SWIM SECTION | THURSDAY | LAP SWIM SECTION | OPEN SWIM SECTION |
|-----------------|---------------------|---|-----------------|--|---|
| 6:30AM-9:00AM | 2 LAP LANES OPEN | OPEN SWIM | 6:30AM-9:00AM | 2 LAP LANES OPEN | OPEN SWIM |
| 9:00AM-9:30AM | 2 LAP LANES OPEN | WATER WALKING IN DEEP SHALLOW OPEN SWIM | 9:00AM-9:30AM | 2 LAP LANES OPEN | WATER WALK IN DEEP SHALLOW OPEN SWIM |
| 9:30AM-11:00AM | 2 LAP LANES OPEN | OPEN SWIM | 9:30AM-12:30PM | 2 LAP LANES OPEN | OPEN SWIM |
| 11:00AM-11:45AM | 2 LAP LANES OPEN | OLDER ADULT AQUACISE | 12:30PM-3:30PM | POOL CLOSED | POOL CLOSED |
| 11:45PM-5:15PM | 2 LAP LANES OPEN | OPEN SWIM | 3:30PM-5:15PM | 2 LAP LANES OPEN | OPEN SWIM |
| 5:15PM-6:00PM | 2 LAP LANES OPEN | SWIM LESSONS | 5:15PM-6PM | 2 LAP LANES OPEN | ARTHRITIS AQUACISE |
| 6:00PM-7:00PM | 2 LAP LANES OPEN | SWIM LESSONS | 6:00PM-7:00PM | 2 LAP LANES OPEN | OPEN SWIM |
| 7:00PM-7:45PM | 2 LANES OPEN | AQUACISE | 7:00PM-7:45PM | 2 Lap Lanes | Open Swim |
| 7:45PM-8:30PM | 2 LAP LANES OPEN | OPEN SWIM | 7:45PM-8:30PM | 2 LAP LANES OPEN | OPEN SWIM |
| TUESDAY | LAP SWIM SECTION | OPEN SWIM SECTION | FRIDAY | LAP SWIM SECTION | OPEN SWIM SECTION |
| 6:30AM-9:00AM | 2 LAP LANES OPEN | OPEN SWIM | 6:30AM-9:00AM | 2 LAP LANES OPEN | OPEN SWIM |
| 9:00AM-9:45AM | 2 LAP LANES OPEN | WATER WALK IN DEEP SHALLOW OPEN SWIM | 9:00AM-9:30AM | 1 LAP LANE OPEN 1 LANE SWIM LESSONS | WATER WALKING IN DEEP SHALLOW OPEN SWIM |
| 9:45AM-12:30PM | 2 Lap Lanes Open | OPEN SWIM | 9:30AM-11:00AM | 1 LAP LANE OPEN 1 LANE SWIM LESSONS | OPEN SWIM |
| 12:30PM-3:30PM | POOL CLOSED | POOL CLOSED | 11:00AM-11:45AM | 2 LAP LANES OPEN | AQUA AEROBICS |
| 3:30PM-4:15PM | 2 LAP LANES OPEN | OPEN SWIM | 11:45AM-5:00PM | 2 LAP LANES OPEN | OPEN SWIM |
| 4:15PM - 5:15PM | 1 LAP LANE/1 LESSON | 2 LANES LESSONS | 5:00PM-6:30PM | 2 LAP LANES OPEN | SPECIAL NEEDS SWIM PROGRAM |
| 5:15PM-6:00PM | SWIM LESSONS | ARTHRITIS AQUACISE | | | |
| 6:00PM-7:00PM | 2 LAP LANES | SWIM LESSONS | | | |
| 7:00PM-7:30PM | 2 Lap Swim | Swim Lessons | SATURDAY | LAP SWIM SECTION | OPEN SWIM SECTION |
| 7:30PM-7:45PM | 2 Lap Lanes | Open Swim | 8:00AM-9:00AM | 2 LAP LANES OPEN | OPEN SWIM |
| 7:45PM-8:30PM | 2 LAP LANES OPEN | OPEN SWIM | 9:00AM-11:30AM | 2 LAP LANES OPEN | SWIM LESSONS |
| | | | 11:30AM-12:15PM | 2 LAP LANES | SWIM Lessons |
| | | | 12:15PM-1:30PM | 2 LAP LANES OPEN | BIRTHDAY PARTIES OR OPEN SWIM |
| WEDNESDAY | LAP SWIM SECTION | OPEN SWIM SECTION | SUNDAY | LAP SWIM SECTION | OPEN SWIM SECTION |
| 6:30AM-9:00AM | 2 LAP LANES OPEN | OPEN SWIM | 10:30AM-11:00AM | 2 LAP LANES OPEN | OPEN SWIM |
| 9:00AM-9:30AM | 2 LAP LANES OPEN | WATER WALKING IN DEEP SHALLOW OPEN SWIM | 11:00AM-1:30PM | 2 LAP LANES OPEN | BIRTHDAY PARTIES OR OPEN SWIM |
| 9:30AM-10:15AM | 2 LAP LANES OPEN | OPEN SWIM | | | |
| 10:15AM-11:00AM | 2 LAP LANES | OPEN SWIM | | | |
| 11:00AM-11:45AM | 2 LAP LANES | OLDER ADULT AQUACISE | | | |
| 11:45AM-5:00PM | 2 LAP LANES | 2 LESSONS | | | |
| 6:00PM-7:00PM | 2 LAP LANE | 2 LESSONS | | | |
| 7:00PM - 7:45PM | 1 LAP LANE/1 OPEN | AQUACISE | | | |
| 7:45M-8:30PM | 2 LAP LANES | OPEN SWIM | | | |

On the following dates, we will only have one lap lane and three open swim lanes. Open swim lanes will be shared with outside day camp groups.

7/6, 7/7, 7/10, 7/13, 7/14, 7/17, 7/20, 7/21, 7/24, 7/27, 7/28, 7/31 from 9:45am-10:45am (boys locker room will be closed)

6/20, 7/7, 7/14, 7/21, 7/28, 8/3 From 12:30pm-2:30pm

No Lap Swim 6/12 - 6/16 9am - 1pm
Only 1 Lap Lane 6/12 - 6/19 and 6/19 - 6/23 from 5:30pm - 7pm