

## 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 necessary; be sure to notify current lane swimmers of your entry into the lane.
- Lanes may be removed to accommodate Private Swim Lessons, certification classes and outside groups.

### AQUATICS DEPARTMENT

**Aquatic Director:** Susan Vosik Pekala

570 655 2255 EXT. 106

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GREATER PITTSTON YMCA  
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GREATER PITTSTON YMCA

10 N. Main Street, Pittston, PA 18640 570.655.2255

MARCH 26 - - JUNE 10, 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.

# March 26 - June 10, 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
11AM-11:45AM	2 LAP LANES OPEN	OLDER ADULT AQUACISE	<b>12:30PM-3:30PM</b>	<b>POOL CLOSED</b>	<b>POOL CLOSED</b>
11:45AM-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-11AM	1 LAP LANE OPEN 1 LANE SWIM LESSONS	OPEN SWIM
<b>12:30PM-3:30PM</b>	<b>POOL CLOSED</b>	<b>POOL CLOSED</b>	11AM-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-7:30PM	2 LAP LANES OPEN	SPECIAL NEEDS SWIM PROGRAM
5:15PM-6:00PM	SWIM LESSONS	ARTHRITIS AQUACISE	<b>SATURDAY</b>	<b>LAP SWIM SECTION</b>	<b>OPEN SWIM SECTION</b>
6:00PM-7:00PM	2 LAP LANES	SWIM LESSONS	8:00AM-9:00AM	2 LAP LANES OPEN	OPEN SWIM
7:00PM-7:30PM	2 Lap Swim	SWIM LESSONS	9:00AM-11:30AM	2 LAP LANES OPEN	SWIM LESSONS
7:30PM-7:45PM	2 Lap Lanes	OPEN SWIM	11:30AM-12:15PM	2 LAP LANES	SWIM LESSONS
7:45PM-8:30PM	2 LAP LANES OPEN	OPEN SWIM	12:15PM-3:30PM	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-3:30PM	2 LAP LANES OPEN	BIRTHDAY PARTIES OR OPEN SWIM
9:30AM-10:15AM	2 LAP LANES OPEN	OPEN SWIM			
10:15AM-11AM	2 LAP LANES	OPEN SWIM			
11AM-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			

Please note that pool schedule is subject to change.

NO LAP LANES  
Lifeguard Certification Classes

4/26 7pm-8pm, 5/4 5pm-6pm, 5/24 6pm-7pm  
5/5 8am-3:30pm, 5/6 8am-3:30pm  
5/10 5:30pm-8:30pm, 5/14-5/17 5:30pm-8:30pm  
6/8 5pm-7:30pm, 6/9 8am-3:30pm, 6/10 10:30am-3:30pm  
Lifeguard Recertification Courses  
4/27 6pm-7:30pm, 4/29 10:30am-2pm, 5/12 8am-3:30pm, 5/30  
4pm-8:30pm, 5/31 4pm-8:30pm, 6/12-6/15 9am-12pm