



**SUMTER FAMILY YMCA**  
Cool Water

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

**December 2018**

	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
5:30am	Lap Swim (5:30am - 3:30pm)	Lap Swim (5:30am - 3:30pm)	Lap Swim (5:30am - 4:00pm)	Closed	Closed
6:00am					
7:00am				Lap Swim (6:30am - 9:00am)	
8:00am					
9:00am				Master Swim Team (9:00am - 11:30pm) *One lane open for lap swim	
10:00am					
11:00am					
12:00pm					
1:00pm				Swim Team (3:30pm - 6:00pm) *No lane available	
2:00pm	Lap Swim (2:30pm - 4:30pm)				
3:30pm					
4:00pm	Lap Swim (6:00pm - 8:30pm)	Lap Swim (6:00pm - 8:30pm)	Lap Swim (5:30pm - 7:30pm)	*Note: schedule subject to change due to Swim Meets, Lifeguard Classes or other activities	
5:00pm					
6:00pm					
7:00pm					
7:30pm					
8:30pm					

**Lap Swim\*** - all ages lap swimming\*\*

**Private Lessons** - individuals registered to work with an instructor

**Swim Team** - individuals registered for Swim Team participation

**Lap Swimming Tips:** Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgment that you are there.

**Directions for Adult Lap:** If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

**Speed:** Please choose a lane with swimmers that most nearly match your speed.

\* All lap swimmers must be able to swim independently. \*\* Age restrictions on Mondays and Wednesdays Morning

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.