



SUMTER FAMILY YMCA
Cool Water

JANUARY 2019

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

	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				Lap Swim (11:30pm - 4:30pm)		Master Swim Team (1:00pm - 2:30pm) *Two lanes open for lap swim
2:00pm						
3:30pm	Swim Team (3:30pm - 6:00pm) *No lane available	Swim Team (3:30pm - 6:00pm) *No lane available	Swim Team (3:30pm - 5:30pm) *one lane available	Lap Swim (11:30pm - 4:30pm)	Lap Swim (2:30pm - 4:30pm)	
4:00pm						
5:00pm						
6:00pm						
7:00pm	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		
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.