



SUMTER FAMILY YMCA
Cool Water

MARCH 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 - 3:30pm | CLOSED *open at 6:30am | CLOSED *open at 1:00pm | |
| 6:00am | | | | | | |
| 7:00am | | | | Lap Swim 6:30am - 9:00am | | |
| 8:00am | | | | | | |
| 9:00am | | | | Master Swim Team (9:00am - 11:30pm) *One lane available 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 available for lap swim |
| 2:00pm | | | | | | |
| 3:30pm | Swim Team 3:30pm - 6:00pm *No lanes available | Swim Team 3:30pm - 6:00pm *No lanes 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 | | | | | Lap Swim 5:30pm-7:30pm *2nd Friday of the month close at 6pm | |
| 7:00pm | Lap Swim 6:00pm - 8:30pm | Lap Swim 6:00pm - 8:30pm | *Note: schedule subject to change due to Swim Meets, Lifeguard Classes or other activities | Close at 4:30pm | Close at 4:30pm | |
| 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.