



**SUMTER FAMILY YMCA**  
Cool Water

**APRIL 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 <b>*open at 6:30am</b>	CLOSED <b>*open at 1:00pm</b>	
6:00am						
7:00am				Lap Swim 6:30am - 9:00am		
8:00am						
9:00am				Master Swim Team (9:00am - 11:30pm) <b>*One lane available for lap swim</b>		
10:00am						
11:00am						
12:00pm						
1:00pm				Lap Swim 11:30pm - 4:30pm		Master Swim Team 1:00pm - 2:30pm <b>*Two lanes available for lap swim</b>
2:00pm						
3:30pm	Swim Team 3:30pm - 6:00pm <b>*No lanes available</b>	Swim Team 3:30pm - 6:00pm <b>*No lanes available</b>	Swim Team 3:30pm - 5:30pm <b>*one lane available</b>	Lap Swim 11:30pm - 4:30pm	Lap Swim 2:30pm - 4:30pm	
4:00pm						
5:00pm						
6:00pm	Lap Swim 6:00pm - 8:30pm	Lap Swim 6:00pm - 8:30pm	Lap Swim 5:30pm-7:30pm <b>*2nd Friday of the month close at 6pm</b>	Close at 4:30pm	Close at 4:30pm	
7:00pm						
7:30pm						
8:30pm	*Note: schedule subject to change due to Swim Meets, Lifeguard Classes or other activities					

**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.**