CENTRAL BUCKS FAMILY YMCA TRADITIONAL POOL SCHEDULE
April 23, 2012 through June 17, 2012

Best lap swim times are when there are at least 2 lanes available. Lanes subject to change due to volume of swimmers.

Lane #	MONDAY (closed May 28) 1	2	3	4	5	6	TUESDAY 1	2	3	4	5	6		WEDNESDAY 1	2	3	4	5	6	THURSDAY 1	2	3	4	5	6			FRIDAY 1	2	3	4	5	6	SATURDAY 1	2	3	4	5	6	SUNDAY 1	2	3	4	5	6	
5:30 AM	LAP						LAP						5:30	LAP						LAP						5:30 AM	5:30 AM	LAP						LAP												5:30 AM
6:00 AM													6:00													6:00 AM	6:00 AM																			6:00 AM
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7:00 AM													7:00													7:00 AM	7:00 AM																			7:00 AM
7:30 AM													7:30													7:30 AM	7:30 AM																			7:30 AM
8:00 AM	Rec Swim						Rec Swim						8:00	Rec Swim						Rec Swim						8:00 AM	8:00 AM	Rec Swim																			8:00 AM
8:30 AM													8:30													8:30 AM	8:30 AM																			8:30 AM
9:00 AM	AquaAerobics			LAP	LAP		AquaAerobics				LAP		9:00	AquaAerobics			LAP	LAP		AquaAerobics			LAP	LAP		9:00 AM	9:00 AM	AquaAerobics			LAP	LAP		Progressive lessons			LAP	LAP		Rec Swim	STARS		LAP	LAP		9:00 AM
9:30 AM													9:30													9:30 AM	9:30 AM																			9:30 AM
10:00 AM							Rec Swim		LAP	LAP			10:00													10:00 AM	10:00 AM																			10:00 AM
10:30 AM							Synchro			LAP			10:30													10:30 AM	10:30 AM																			10:30 AM
11:00 AM	Rec Swim						Synchro						11:00	Rec Swim (Lifeguard class in pool May 23 and June 13)			LAP	LAP		AquaAerobics Speed Class			LAP	LAP		11:00 AM	11:00 AM	Rec Swim (Lifeguard class in pool May 25 and June 15)			LAP	LAP														11:00 AM
11:30 AM													11:30													11:30 AM	11:30 AM																			11:30 AM
12:00 PM							Rec Swim (Lifeguard class in pool May 22 and June 12)			LAP	LAP		12:00							Rec Swim						12:00 PM	12:00 PM							Progressive / Develop. Team												12:00 PM
12:30 PM													12:30													12:30 PM	12:30 PM																			12:30 PM
1:00 PM	AquaAerobics				LAP								1:00							AquaAerobics				LAP		1:00 PM	1:00 PM							Rec Swim - Lifeguard Class 5/12 & 5/26			LAP	LAP								1:00 PM
1:30 PM													1:30													1:30 PM	1:30 PM																			1:30 PM
2:00 PM	Rec Swim (Lifeguard class in pool May 21 and June 11)			LAP	LAP								2:00							Rec Swim (Lifeguard class in pool May 24 and June 14)			LAP	LAP		2:00 PM	2:00 PM																			2:00 PM
2:30 PM													2:30													2:30 PM	2:30 PM							Rec Swim shallow - Lifeguard Class in deep end												2:30 PM
3:00 PM													3:00													3:00 PM	3:00 PM																			3:00 PM
3:30 PM													3:30													3:30 PM	3:30 PM																			3:30 PM
4:00 PM						Prog. Lessons							4:00							Rec			Developmental Swim Team			4:00 PM	4:00 PM																			4:00 PM
4:30 PM													4:30							STARS	LAP					4:30 PM	4:30 PM	Progressive lessons																		4:30 PM
5:00 PM							Progressive lessons & Developmental Swim Team						5:00													5:00 PM	5:00 PM		Lessons	Devel. Team																5:00 PM
5:30 PM	Rec		Tri Clinic										5:30	PS									Progressive lessons			5:30 PM	5:30 PM	LAP																		5:30 PM
6:00 PM	Seekers	PS											6:00													6:00 PM	6:00 PM																			6:00 PM
6:30 PM	Rec		A LTS										6:30	LAP												6:30 PM	6:30 PM																			6:30 PM
7:00 PM	Progressive lessons		LAP	LAP			Aqua Aerobics			LAP			7:00							Aqua Aerobics		LAP				7:00 PM	7:00 PM			Swim Team																7:00 PM
7:30 PM													7:30													7:30 PM	7:30 PM																			7:30 PM
8:00 PM	Masters Swim						Scuba Class			Lifeguard Class			8:00							Masters Swim						8:00 PM	8:00 PM																			8:00 PM
8:30 PM													8:30	Progressive lessons												8:30 PM	8:30 PM																			8:30 PM
9:00 PM													9:00	PS												9:00 PM	9:00 PM																			9:00 PM
9:30 PM	* Rec Swim		* LAP		* LAP		Lifeguard * Rec		* LAP		* LAP		9:30	LAP		Swim Team				* Rec Swim		* LAP		* LAP		9:30 PM	9:30 PM	* Rec Swim		* LAP		* LAP																9:30 PM
10:00 PM													10:00													10:00 PM	10:00 PM																			10:00 PM

PS - Progressive Swim Lessons

*** Pool closes 15 minutes before the Y closes.**

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POOL GUIDELINES

- The LIFEGUARD is in charge
- No running, dunking, pushing, throwing, roughness, or carrying children on shoulders
- Soap shower before entering the pool is strongly recommended.
- Street shoes are prohibited on deck
- Only bathers permitted on deck
- We recommend the use of bathing caps for shoulder length or longer hair
- Do not swim with open sores, abrasions, or rashes
- Remove all bandaids prior to swim
- No food or glass containers of any kind
- Children/adults must wear a swim diaper if necessary
- Kickboards, barbells and other instructional items are not to be used during rec swim
- Do not sit or hang on the lane lines
- Do not play on the exit steps or railings
- Baby strollers are prohibited on deck
- Diving in designated areas only
- Use play features appropriately
- Parents must remain in the observation room during lessons
- No cameras or video until observation week

During rec swim:

- Children wearing a floatation device must remain in shallow water within arms reach of an adult
- Children under the age of 7 must have an adult in the water with them
- Children ages7-9 must have an adult in the water unless they have passed the deep water test, in which case the adult must remain in the observation room
- Children under the age of 12 must pass the deep water swim test to swim in the deep end. Swimmers over the age of 12 may also be required to take the swim test for safety purposes.
- Children ages 9-12 may swim without an adult if they have passed the deep water test and have been signed in at the lifeguard stand. Adults must remain in the building