

## LESSONS

Learn how to swim at the Y! Swim lessons are taught by trained swim instructors. Group and Private lessons are available for all ages and swimming abilities. Additional cost are applicable.

## REC/FAMILY SWIM TIME

There are designated times for anyone interested in enjoying our pool in a fun, relaxing environment. Children under age 12 must be accompanied by an adult. Any child in a floatation device must have direct adult supervision and contact in the water at all times.

## LAP SWIM

Swimmers must be able to swim the full length of the pool continuously and without support. If space is available, exercising, walking and floating are permitted during lap swim.

- During times of high volume, circle swim may be necessary.
- We reserve the right to conduct trainings or drills at any time.
- 14 years and older only

## F.I.S.H.

### Family Inclusive Special Hours

(Formerly called Special Populations)

This time period is reserved for the special needs community and their families to enjoy our pool in a relaxed setting.

## DIVE IN MOVIE

Every other Friday evening, float around in our pool while enjoying a movie with your family.

## AQUATICS DEPARTMENT

570-421-2525 x. 128

Aquatics@poconoymca.org

AQUATIC DIRECTOR

Kelsey Finn

## MISSION STATEMENT

To be an open organization that puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. At the Pocono Family YMCA, we're for youth development, healthy living and social responsibility.

## GENERAL POOL RULES & SAFETY INFORMATION

- Adhere to all rules set by the lifeguards.
- Horseplay or other unsafe behavior is not permitted.
- A swim test to assess your ability may be required.
- Be sure to have on proper bathing suit attire. NO street clothes.
- We do not lend out pool equipment.

**NOTE:** For your safety, the pool must be cleared and closed for 30 minutes after thunder and/or lightning.



POCONO FAMILY YMCA

809 Main Street

Stroudsburg, PA 18360

P 570 421 2525

[www.poconoymca.org](http://www.poconoymca.org)



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# AQUATIC SCHEDULE

# EVERYONE IS WELCOME AT OUR POOL!

Please remember that our pool is shared by swim lessons, water aerobics, certification classes, lap swimmers, families and all our members.

The pool schedule is subject to change without notice due to weather conditions, swim events, group and private lessons, pool rentals and/or lifeguard training.

The Y will do everything possible to notify our members as far in advance as possible about changes. Changes will be posted at our Welcome Desk, website and social media sites.

Water temperature is approximately 84°.

## POOL HOURS

Monday 5:30am - 8:30pm  
Tuesday 5:30am - 8:30pm  
Wednesday 5:30am - 8:30pm  
Thursday 5:30am - 8:30pm  
Friday 5:30am - 8:30pm  
Saturday 8am - 4:30pm  
Sunday 12pm - 4:30pm

# POOL SCHEDULE

## JUNE 9TH – JULY 13TH, 2019

### MONDAY

5:30 am - 8:50 am Lap Swim  
9:00 am - 9:30 am Lessons  
9:30 am - 10:30 am Pre-K Lessons  
10:45 am - 11:30 am Water Aerobics  
11:30 am - 11:50 am Rec/Family Swim  
12:00 pm - 2:00 pm Lap Swim  
2:00 pm - 3:30 pm **CAMP**  
3:30 pm - 4:50 pm Rec/Family Swim  
5:00 pm - 7:30 pm Lessons  
7:30 pm - 8:30pm Lap Swim

### TUESDAY

5:30 am - 8:50 am- Lap Swim  
9:00 am - 9:30 am- Lessons  
9:30 am - 10:30 am- Pre-School Lessons  
10:45 am - 11:30 am- Water Aerobics  
11:30 am - 11:50 pm- Rec/Family Swim  
12:00 pm - 2:00 pm- Lap Swim  
2:00 pm - 3:00 pm- **CAMP**  
3:00 pm - 4:00 pm- Rec/Family Swim  
4:00 pm - 5:00 pm F.I.S.H.  
5:00 pm - 7:30 pm- Lessons  
7:30 pm - 8:30pm- Rec/Family Swim

### WEDNESDAY

5:30 am - 8:50 am- Lap Swim  
9:00 am - 9:30 am- Lessons  
9:30 am - 10:30 am- Pre-K Lessons  
10:45 am - 11:30 am- Water Aerobics  
11:30 am - 11:50 pm- Rec/Family Swim  
12:00 pm - 2:00 pm- Lap Swim  
2:00 pm - 3:30 pm- **CAMP**  
3:30 pm - 5:00 pm- Rec/Family Swim  
5:00 pm - 6:00 pm- F.I.S.H.  
6:00 pm - 7:00 pm Rec/Family Swim  
7:10 pm - 8:30pm Lap Swim

### THURSDAY

5:30 am - 9:00 am- Lap Swim  
9:00 am - 9:30 am- Lessons  
9:30 am - 10:15 am - Rec/Family Swim  
10:15 am - 11:00 am- Water Aerobics  
11:00 am - 11:50 am- Rec/Family Swim  
12:00 pm - 2:00 pm- Lap Swim  
2:00 pm - 3:00 pm- **CAMP**  
3:00 pm - 4:50 pm- Rec/Family Swim  
5:00 pm - 7:00 pm- Lessons  
7:00 pm - 8:30 pm Lap Swim

### FRIDAY

5:30 am - 9:00 am- Lap Swim  
9:30 am - 10:30 am- Pre-school Lessons  
10:30 am - 11:45 am Rec/Family Swim  
12:00pm - 2:00 pm Lap Swim  
2:00 pm - 3:00 pm F.I.S.H.  
3pm - 4:30pm Rec/Family Swim  
4:30pm - 5:00pm Private lessons  
5:00pm - 6:50pm Rec/Family Swim  
7:00pm - 8:30pm Lap Swim

### SATURDAY

8am - 9:00am Lap Swim  
9am - 12:00 pm Lessons  
12:00pm - 1:30pm Lap Swim  
1:30pm - 2:30pm Private Lessons  
2:30pm - 3:30pm SPLASH! Parties  
3:30pm - 4:30pm Rec/Family Swim

### SUNDAY

12pm - 1:30pm Lap Swim  
1:30pm - 2:30pm Private Lessons  
2:30pm - 3:30pm SPLASH! Parties  
3:30pm - 4:30pm Rec/Family Swim