

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 costs 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.

AQUATICS DEPARTMENT

570-421-2525 ex. 128

Aquatics@poconoyymca.org

Lesson Coordinator
Chris Trigg

Head Lifeguard/CPO
Taj Suber

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
- Be sure to rinse off before entering pool and/or hot tub

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

POCONO FAMILY YMCA
809 Main Street
Stroudsburg PA 18360
P: 570-421-2525



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809 MAIN STREET STROUDSBURG PA 18360
570-421-2525

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, swim team needs 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 ranges between 80° to 82°.

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 8:00am – 4:30pm
Sunday 12:00pm – 4:30pm

POOL SCHEDULE

March 1st, 2019 – April 26, 2020

MONDAY

5:30am – 8:45am Lap Swim
9:00am – 9:30am Lessons
9:30am – 10:30am Lessons
10:45am – 11:30am Water Aerobics
11:30am – 11:50am Rec/Family Swim
12:00pm – 2:45pm Lap Swim
3:00pm – 4:45pm Rec/Family Swim
5:00pm – 7:00pm Lessons
7:15pm – 8:30pm Lap Swim

TUESDAY

5:30am – 8:45am Lap Swim
9:00am – 9:30am Swim Starters
9:30am – 10:30am Pre-School Lesson
10:45am – 11:30am Water Aerobics
11:30am – 12:00pm Swim Lessons
12:15pm – 2:45pm Lap Swim
3:00pm – 4:45pm Rec/Family Swim
5:00pm – 7:30pm Lessons
7:30pm – 8:30pm Rec/Family Swim

WEDNESDAY

5:30am – 8:45am Lap Swim
9:00am – 9:30am Lessons
9:30am – 10:45am Rec/Family Swim
10:45am – 11:30am Water Aerobics
11:30am – 11:45pm Rec/Family Swim
12:00pm – 2:45pm Lap Swim
3:00pm – 5:00pm Rec/Family Swim
5:00pm – 6:00pm F.I.S.H.
6:00pm – 6:45pm Just For Kicks
7:00pm – 8:30pm Lap Swim

THURSDAY

5:30am – 8:45am Lap Swim
9:00am – 9:30am Adult Swim lessons
9:30am – 10:30am Swim Lessons
10:45am – 11:30am Water Aerobics
11:30am – 12:00am Swim Lessons
12:15pm – 2:45pm Lap Swim
3:00pm – 4:45pm Rec/Family Swim
5:00pm – 7:00pm Lessons
7:15pm – 8:30pm Lap Swim

FRIDAY

5:30am – 9:00am Lap Swim
9:30am – 10:30am Lessons
10:45am – 11:30am Deep Water Aerobics
11:30am – 11:45am Rec/Family Swim
12:00pm – 1:45pm Lap Swim
2:00pm – 3:00pm F.I.S.H.
3:00pm – 4:45pm Rec/Family Swim
5:00pm – 6:15pm SACC
6:30pm – 8:30pm Lap Swim

SATURDAY

8:00am – 8:45am Lap Swim
9:00am – 12:00pm Lessons
12:15pm – 1:30pm Lap Swim
1:30pm – 2:30pm Private Lessons
2:30pm – 3:30pm SPLASH! Parties
3:30pm – 4:30pm Rec/Family Swim

SUNDAY

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