



NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00-6:45AM 7:00-7:45AM 8:00-8:45AM	Lap Swim 6:00-6:45AM 7:00-7:45AM 8:00-8:45AM	Lap Swim 6:00-6:45AM 7:00-7:45AM 8:00-8:45AM	Lap Swim 6:00-6:45AM 7:00-7:45AM 8:00-8:45AM	Lap Swim 6:00-6:45AM 7:00-7:45AM 8:00-8:45AM 9:00-9:45AM 10:00-10:45AM	Lap Swim 8:00-8:45AM
Aqua Fit 9:00-9:45AM 10:00-10:45AM Instructor: Janice	Aqua Fit 9:00-9:45AM 10:00-10:45AM Instructor: Kathy	Aqua Fit 9:00-9:45AM 10:00-10:45AM Instructor: Janice	Aqua Fit 9:00-9:45AM 10:00-10:45AM Instructor: Kathy		Aqua Cycle 9:00-9:45AM Instructor: Melissa
Strength & Stretch 11:00-11:45AM 12:00-12:45PM Instructor: Sandy		Strength & Stretch 11:00-11:45AM Instructor: Sandy		Strength & Stretch 11:00-11:45AM 12:00-12:45PM Instructor: Sandy	Swim Lessons 10:10-10:40AM 10:50-11:20AM 11:30-12:00PM 12:10-12:40PM
Lap Swim 4:00-4:45PM 5:00-5:45PM	Lap Swim 4:00-4:45PM	Lap Swim 4:00-4:45PM 5:00-5:45PM	Lap Swim 4:00-4:45PM	Lap Swim 4:00-4:45PM 5:00-5:45PM	
Aqua Cycle 6:00-6:45PM 7:00-7:45PM Instructor: Allison	Aqua Fit 5:00-5:45PM Instructor: Cyd	Lap Swim Lanes 1-2 Family Swim Lanes 3-4 6:00-6:45PM 7:00-7:45PM	Aqua Fit 5:00-5:45PM Instructor: Cyd	Lap Swim Lanes 1-2 Family Swim Lanes 3-4 6:00-6:45PM 7:00-7:45PM	
	Swim Lessons 6:00-7:45PM		Swim Lessons 6:00-7:45PM		
	Swim Team 6:00PM-7:45PM		Swim Team 6:00PM-7:45PM		

- Lap swim lanes are available for active members, age 18+, first come first serve, no reservation required, sessions are 45 min starting on the hour.
- Split Lanes are available for more than 1 person to share the lane, decide what way to use the lane together.
- Open Swim is available for independent exercise for members 18+, maximum of 4 people per lane.
- Aquatic Group Exercise is available for active members, registration can be completed online starting on Thursdays for the following week.
- Family Swim is available for active family members, reservation required, can be taken starting on Thursday for the following week.
- Maximum of 4 families or 12 swimmers total in the family swim area. Call 716-874-5051 to make your reservation.
- Safe Pool Rules available on back of schedule.
- Schedule is subject to change.

SAFE POOLS HAVE RULES

- Swimming permitted only when a YMCA Lifeguard is present on the pool deck.
- Please adhere to the authority of the YMCA Lifeguards on duty.
- Please shower before entering the pool.
- Please circle swim when there are more than two swimmers to a lane.
- Age Requirements of the Pool:
 - NON-SWIMMERS
 - Children 5 years of age and under, or non-swimmers under posted height requirement, must have an adult (18 years or older) in the water with them.
 - SWIMMERS (who pass swim test)
 - Children 6-11 years of age must have an adult in the pool area.
 - Children 12 years of age or older may swim independently.
- Adults must stay in water below chest deep when accompanying a non-swimming child.
- Swimmers must pass a swim test to swim in water that is over chest deep.
- Swim Test Policy:
 - 25yard Swim: Participant must proficiently swim one full length of the pool, no breaks.
 - Treading Water: Participant must tread water successfully for 30 seconds without touching the bottom, no breaks.
 - Jumping: Participant must jump into water deep enough to fully submerge body and swim back to surface. There is no specific depth requirement.
- Underwater breath-holding competition is strictly forbidden.
- Swimmers may not hang, sit, climb, or lay on the lane lines, dividing ropes, hand rails, or ladders.
- Children under the age of three must wear a swim diaper or children not toilet trained must wear a swim diaper.
- Patrons that have open sores or who are carriers of any communicable disease are not allowed to use the aquatic facilities.
- Pollution of swimming pool prohibited. Urinating, defecating, spitting, or blowing your nose in the pool is not allowed.
- Gum, food, and glass are prohibited in the pool area.
- Water wings (inflatable flotation devices) are not permitted.
- ONLY Coast Guard approved Personal Flotation Devices may be used.
- Diving may only be permitted in the deep water, during swim lessons under the supervision of a qualified YMCA Swim Instructor, or in designated areas.
- No diving is allowed in shallow water.
- Emergency telephones are located on the pool deck by the main pool entrance.
- Maximum capacity of the pool is 40.