



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NUBER YMCA POOL SCHEDULE

SUMMER 2018 **UPDATED 5/31/2018**

POOL HOURS:
Mon - Thur:
5:00a-8:45p
Fri:
5:00a-7:45p
Sat:
7:00a-5:45p
Sun:
12:00p-5:45p

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
US Masters Kelsey M. 5-7am Lanes 1-4		US Masters Kelsey M. 5-7am Lanes 1-4		US Masters Kelsey M. 5-7am Lanes 1-4		
Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8	Early Bird Water Fit Mattie S. 6-7am Lanes 7-8		
US Masters Kelsey M. 7-8am Lanes 1-3		US Masters Kelsey M. 7-8am Lanes 1-3		US Masters Kelsey M. 7-8am Lanes 1-3	Aqua Zumba Monica S. 8:30-9:30a Lanes 7-8	
Aqua Blast Mattie S. 9:30-10:30a Lanes 7-8	Shallow Water Fit Mattie S. 9:30-10:30a Lanes 7-8	Aqua Blast Lisa B. 9:30-10:30a Lanes 7-8	Shallow Water Fit Mattie S. 9:30-10:30a Lanes 7-8	Shallow Water Fit Mattie S. 9:30-10:30a Lanes 7-8	Deep Water Aqua Boot Camp Mattie S. 10-11a Lanes 7-8	
Deep Water Fit Mattie S. 10:30-11:30a Lanes 7-8		Deep Water Workout Lisa B. 10:30-11:30a Lanes 7-8		Deep Water Fit Mattie S. 10:30-11:30a Lanes 7-8		
Shallow Water Aqua Boot Camp Mattie S. 5:30-6:30p Lanes 7-8	Aqua Blast Melissa L. 5:30-6:30p Shallow End 1-2	Aqua Zumba Monica S. 5:30-6:30p Lanes 7-8	Aqua Blast Melissa L. 5:30-6:30p Shallow End 1-2			

SAFETY FIRST!

For the safety of members & guests, all swimmers under the age of 16 must wear a wristband based on swimming ability to enter the pool.

- * **RED WRISTBAND:**
Must remain in shallow end
- * **GREEN WRISTBAND:**
Must pass swim test, can swim in shallow & deep ends

Pool Closes at 4p
JUNE 14 & JULY 12 for Swim Meet

4TH OF JULY HOLIDAY
Pool is open 8a-4:45p

TEAM PRACTICES	Our pool is a multi-use facility that is home to swim teams. Practice schedules/lane assignments are listed below:		
Bluff City Blue Fins	Monday-Friday	8:30a-9:30a & 6:45p-7:45p	<i>Deep End Lanes 1-4</i>
Bluff City Water Polo	Monday	8p-9:30p	<i>Deep End Lanes 1-4</i>
Developmental Swim Team	Monday-Thursday	6p-7p	<i>Shallow End/Deep End Lanes 1-2</i>

BEST LAP SWIMMING TIMES
Lap Lanes are always available. We strive to always have lanes reserved just for lap swimming. Here are some of the best times to come:
Monday: 7a-8:30a, 9:30a-5:30p
Wednesday & Friday: 7a-8:30a, 9:30a-5:30p, 7:45p-close
Tuesday & Thursday: 5a-8:30a, 9:30a-6:45p, 7:45p-close
Sat & Sun: Anytime
*During peak usage times, please be willing to circle swim.

Swim Lessons & YMCA Camp Swim Time
Throughout the day the **Shallow End Program Swim Area** is reserved for swim lessons & summer camp swim time

9:30a-11a Swim Lessons
12p-3p Y Camp Swim Time
5:30p-8p Swim Lessons/Splashball



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LAYOUT AND FACTS

Facts
 72 lengths = 1 mile
 25 yard lap lanes
 The pool contains 360,000 gallons of water

Swim Attire:
 Males should wear swim suit with drawstring and a liner.
 Females should wear a one or two piece bathing suit suitable for a family atmosphere.

