



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

**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

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

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

**4<sup>TH</sup> OF JULY HOLIDAY**  
**Pool is open 8a-4:45p**

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

