



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PAULA G. MANSHIP YMCA LAP POOL: MORNING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool Opens @ 5:00am	Pool Opens @ 5:00am	Pool Opens @ 5:00am	Pool Opens @ 5:00am	Pool Opens @ 5:00am	Pool Opens @ 7:30am	
5 am – 8 am	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	
8 am – 9 am	Lap Swim (2) Aqua Fit (2) S. Lessons (2)	Lap Swim (2) Aqua Fit (2) S. Lessons (2)	Lap Swim (2) Aqua Fit (2) S. Lessons (2)	Lap Swim (2) Aqua Fit (2) S. Lessons (2)	Lap Swim (2) Open Swim (2) Aqua Fit (2)	Lap Swim (4) S. Lessons (2)	
9 am – 10 am	Lap Swim (3) Aqua Fit (2) S. Lessons (1)	Lap Swim (3) Open Swim (2) S. Lessons (1)	Lap Swim (3) Aqua Fit (2) S. Lessons (1)	Lap Swim (3) Open Swim (2) S. Lessons (1)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (1) S. Lessons (1)	
10 am – 11 am	Lap Swim (3) Aqua Fit (2) S. Lessons (1)	Lap Swim (3) S. Lessons (1) Day Camp (2)	Lap Swim (4) Aqua Fit (1) S. Lessons (1)	Lap Swim (3) S. Lessons (1) Day Camp (2)	Lap Swim (2) Open Swim (2) Aqua Fit (2)	Lap Swim (3) Open Swim (1) Swim Lessons (2)	
11 am – 12 pm	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Day Camp (2)	Lap Swim (3) Open Swim (1) Swim Lessons (2)	Pool Opens @ 12:00pm

Aqua Fit - A shallow water fitness class which is designed to meet the needs of individuals with varying fitness levels. This class provides cardio respiratory, muscular strength and flexibility training through the properties of water and resistance equipment.

Master's Swim - Whether you are a novice or an elite swimmer, Master's program can improve your swimming skills. These coached sessions are designed to enhance your swimming skills, make you more efficient in the water, and increase your overall fitness level.

PAULA G. MANSHIP YMCA TEEN POOL: MORNING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool Opens at 10:00am	Pool Opens at 10:00am	Pool Opens at 10:00am	Pool Opens at 10:00am	Pool Opens at 11:00am	Pool Opens at 10:00am	
10:00am – 12:00pm	Open Swim Day Camp	Open Swim	Open Swim Day Camp	Open Swim	Open Swim	Open Swim	Pool Opens at 12:00pm

Age Guidelines:

- **All children under the age of 13 must take a swim test in order to swim at the pools.**
 - Any nonswimmer will be accompanied by parent or guardian in the pool.
 - Any child who cannot stand in water 3' 6" will be accompanied by parent or guardian in the pool.
 - If the child is 5 years old and younger, the parent must accompany the child in the pool.
 - Any child under 10 must be accompanied by parent or guardian in the pool area.
 - Any child 10 to 14 years must have a parent or guardian in the facility. Parent or guardian must sign in child with the lifeguard.
 - Anyone 15 years or older may be in the pool area alone.
- **Lifeguard policy – if a child is required by the lifeguard to wear a PFD (personal flotation device) the parent must accompany them in the pool, REGARDLESS of their age.**



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PAULA G. MANSHIP YMCA LAP POOL: AFTERNOON SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 pm - 1 pm	Lap Swim (3) Open Swim (1) Swim Team (2)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (1) Swim Team (2)	Lap Swim (3) Open Swim (1) Swim Team (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (1) S. Lessons(1)	Lap Swim (4) Open Swim (2)
1 pm- 2 pm	Lap Swim (2) Open Swim (2) Day Camp (2)	Lap Swim (2) Open Swim (2) Day Camp (2)	Lap Swim (2) Open Swim (2) Day Camp (2)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (1) Day Camp (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
2 pm – 3 pm	Lap Swim (2) Open Swim (2) Day Camp (2)	Lap Swim (4) Open Swim (2)	Lap Swim (2) Open Swim (2) Day Camp (2)	Lap Swim (4) Open Swim (2)	Lap Swim (3) Open Swim (1) Day Camp (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
3 pm – 4 pm	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
4 pm – 5 pm	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)
5 pm – 6 pm	Lap Swim (3) S. Lessons (1) Swim Team (2)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (3) S. Lessons (1) Swim Team (2)	Lap Swim (3) S. Lessons (1) Swim Team (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim(2)
6 pm – 7 pm	Lap Swim (3) S. Lessons (1) Swim Team (2)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (3) Swim Lessons (1) Swim Team (2)	Lap Swim (3) S. Lessons (1) Swim Team (2)	Lap Swim (4) Open Swim (2)	Pool Closes @ 5:30pm	Pool Closes @ 5:30pm
7 pm – 8 pm	Lap Swim (3) S. Lessons (1) Masters (2)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (3) S. Lessons (1) Masters (2)	Lap Swim (4) Open Swim (1) S. Lessons (1)	Lap Swim (4) Open Swim (2)		
8:00pm – 8:30pm	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Lap Swim (4) Open Swim (2)	Pool Closes @ 7:30pm		
	Pool Closes @ 8:30pm	Pool Closes @ 8:30pm	Pool Closes @ 8:30pm	Pool Closes @ 8:30pm			

PAULA G. MANSHIP YMCA TEEN POOL: AFTERNOON

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm – 3:30pm	Open Swim Day Camp	Open Swim Day Camp	Open Swim Day Camp	Open Swim Day Camp	Open Swim	Open Swim	Open Swim
3:30pm – 7:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim Pool Closes @ 6:30pm	Open Swim Pool Closes @ 5:00pm	Open Swim Pool Closes @ 5:00pm

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