


Lap Pool Schedule

November 1st - November 30th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
5:00am	Closed	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Lap Swim (6) 5:00a-9:00a	Closed						
5:30													
6:00													
6:30							Lap Swim (6) 9:00a-1:00p	Lap Swim (6) 9:00a-1:00p	Lap Swim (3) Open Swim (3) 10:30a-1:30p	Lap Swim (3) Open Swim (3) 10:30a-12:15p	Lap Swim (3) Open Swim (3) 10:30a-1:30p	Lap Swim (3) Open Swim (3) 10:30a-1:30p	Lap Swim (6) 9:00a-1:00p
7:00													
7:30													
7:00													Lap Swim (3) Open Swim (3) 1:00p-4:30p
8:00													
8:30													
8:00	Lap Swim (3) Open Swim (3) 1:00p-4:30p	Lap Swim (3) Open Swim (3) 10:30a-4:00p	OS/Centennial MS (3) 2:15p-3:45p	Lap Swim (6) 3:00p-4:00p	OS/Centennial MS (3) 2:15p-3:45p	Lap Swim (3) Open Swim (3) 10:15a-9:00p							
9:00													
9:30													
9:00							Lap Swim (3) Swim Academy (3) 4:30p-7:45p	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a	
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8:30	Lap Swim (3) Swim Academy (3) 4:30p-7:45p	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a	LS(2)/OS(4) 9a-9:30a							
9:00													
9:45													

Facility Hours Sunday 10:00am-8:00pm Monday-Friday 5:00am-10:00pm Saturday 7:00am-8:00pm The pool closes 15 minutes prior to facility close.	Kid Stuff Hours Sunday 12:00pm-8:00pm Monday-Friday 8:00am-8:00pm Saturday 9:00am-3:00pm	 Chain of Lakes YMCA 651-795-9622
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Lap Pool Guidelines:

- ◆ All members and guests must shower before entering the pools.
- ◆ Children wishing to swim without a parent/guardian in the water must pass a swim test. Please ask an available lifeguard to administer the test.
 - ◆ **Shallow Water Swim Test: 5 seconds front float, stand up, 5 seconds back float.** Children passing this test may be in water up to armpit depth on their own.
 - ◆ **Deep Water Swim Test: Jump in, 30 seconds treading water, 10 seconds front float, 10 seconds treading water.** Children passing this test may be in all water depths on their own.
- ◆ Children who have not passed a swim test must be supervised by an adult (16+) **in the water** at all times during open swim. Children 6 years and younger who have passed a swim test must still be supervised by an adult **in the pool area** at all times.
- ◆ All Children wearing approved flotation devices during open swim times are considered high risk swimmers and must be within arms length of an adult at all times.
- ◆ Children that are not potty trained are required to wear tight fitting plastic pants over a swim diaper.
 - ◆ Regular diapers are not allowed.
 - ◆ "Little Swimmers" are allowed only when worn with plastic pants.
 - ◆ Reusable plastic pants are sold at Member Services for \$2.
- ◆ During all Open Swim times, the safety rope will be in place to mark the deep end.
- ◆ We encourage circle swimming to accommodate all members and guests wishing to swim laps. Remember to stay to the right side of the lane so faster swimmers may pass on the left. Thank you for sharing during these times.
 - ◆ 1 length = 25 yards
 - ◆ 1 mile = 72 lengths (36 laps)

(#) There are # lap lanes guaranteed for lap swimming during this time

November Scheduling Notes

- ◆ Non-YMCA members may participate in Arthritis Water X classes for \$4/class.
- ◆ The Northeast Family YMCA swim team will use 4 lanes on Tuesdays from 7:15pm-9:00pm while their pool is under construction.
- ◆ The pool area will close at 6:30pm on Thursday, November 12, for our scholarship fundraising event.
- ◆ The facility will be closed on Thursday, November 26, for Thanksgiving.

Updated: 10-29-09