



POOL SCHEDULE



LAP SWIM

Monday

5am – 8:15a m (6 Lanes)
 8:15am - 10:15am (2 Lanes)
 10:15am - 4pm (4 Lanes)
 4pm - 4:30pm (6 Lanes)
 4:30pm - 5:30pm (2 Lanes)
 5:30pm – 7:45pm (1 Lanes)
 7:45pm – 9pm (2 Lanes)
 9pm - 9:30pm (6 Lanes)

Tuesday/Thursday

5am – 8:15am (6 Lanes)
 8:15am – 10:15am (2 Lanes)
 10:15am - 4pm (4 Lanes)
 4pm – 4:30pm (6 Lanes)
 4:30pm – 6pm (2 Lanes)
 6pm – 7:45pm (1 Lanes)
 7:45pm - 9pm (2 Lanes)
 9pm - 9:30pm (6 lanes)

Wednesday

5am – 6:30am (2 Lanes)
 6:30-8:15am (6 Lanes)
 8:15am – 10:15am (2 Lanes)
 10:15am – 4pm (6 Lanes)
 4pm – 4:30pm (6 Lanes)
 4:30pm – 5:30pm (2 Lanes)
 5:30pm – 7:45pm (1 Lane)
 7:45pm – 9pm (2 Lanes)
 9pm – 9:30pm (6 Lanes)

Friday

5am – 6:30am (2 Lanes)
 6:30-8:15am (6 Lanes)
 8:15am – 10:15am (2 Lanes)
 10:15am – 5pm (4 Lanes)
 5pm – 7:30pm (2 Lane)

Saturday

7am – 9am (2 Lanes)
 9am – 12pm (1 Lane)
 12pm – 1pm (5 Lanes)

Sunday

10am – 12pm (6 Lanes)
 12pm – 3:30pm (4 Lanes)
 3:30pm – 4:30pm (1 Lane)
 4:30pm – 5:30pm (6 Lanes)

Pool Hours

Mon-Th

5am – 9:30pm
 Friday

5am – 7:30pm

Saturday

7am - 5:30pm

Sunday

10am – 4:30pm

Swim Team

M-Th

4:30 pm – 9pm

Friday

5pm – 7:30pm

Saturday

7am – 1pm

Swim Lessons

M/W

5:30pm – 7:45pm

T/Th

6pm-7:45pm

Saturday

9am-12:45pm

Dry Sauna And Hot Tub Hours

Sauna is open 15 minutes after the Pool and Hot Tub closes.

Must be 18 years or older. Appropriate clothing required.

Schedule Notes

- Lifeguard Classes may use 2 lanes of the pool on Saturday & Sunday

WATER FITNESS

Monday

8:30am HIIT Deep
 9:30am Aqua Fusion

Tuesday

8:30am Extremely Deep
 9:30am OOA 60+

Wednesday

8:30am Aqua Core Deep
 9:30am Water Walking

Thursday

8:30am Abs & Glutes
 9:30am OOA 60+

Friday

8:30am Aqua Core Deep
 9:30am Aqua Tone

Family Swim

M-F

10:30am-4pm

Saturday

1pm – 4:30pm

Sunday

12pm – 3:30pm



POOL RULES and INFO



**Welcome to the City Center YMCA!!
Be Safe. Jump In. Have Fun!**

General Rules and Information

- ❖ Members and Guests of all ages MUST wear proper and appropriate swimwear
- ❖ Members and Guests must shower before entering pool or hot tub
- ❖ Unsafe behavior, as determined by our staff, is prohibited
- ❖ Walk at all times while on the pool deck
- ❖ Diving is not permitted at our facility outside of instructional time with our staff
- ❖ NO glass containers at any time
- ❖ Food is prohibited on the pool deck, in the pool, hot tub and sauna
- ❖ Appropriate language should be used at all times; vulgar or offensive language will not be tolerated
- ❖ Circle swim is encouraged in lap lanes

- ❖ All children 12 & under MUST take a swim test and wear their swim band; please refer to our swim test policy for more information
- ❖ Children 12 & under MUST have a parent in the pool area
- ❖ Non-swimmers wear lifejackets or remain within arm's reach of an adult (18+) in the water
- ❖ Young children who are not yet toilet trained must wear a swim diaper

- ❖ NO cellphones are allowed in the hot tub

- ❖ Areas of the pool being used for YMCA programming (swim lessons, fitness classes, swim team, etc.) are closed to Rec swim participants. This is to help ensure program delivery and quality of the experience

Thunder/Lightning & Pool Closure Policy: During the event of a thunder and or lightning storm indoor pools will be cleared, as well as pool decks. The pool area will remain closed for 30 minutes after the last sight of lightning or sound of thunder.

Aquatic Contacts

Aquatic Director:

Evan Kleinhaus
ekleinhaus@lancasteryymca.org
717-393-9622 ext. 1113

Swim Team Head Coach:

Gwyn Atkinson
gatkenson@lancasteryymca.org
717-393-9622 ext. 1139

ADDITIONAL INFO

Family Swim = Play time, personal exercise time, water walking and relaxation time. Please ask lifeguard for available areas during busy times.

Lap Swim = Anyone actively swimming laps. Youth swimmers must have green wrist band. Please enter from the shallow end. When entering an occupied lane please speak to first swimmer and determine if you will split the lane or circle swim.

Birthday Parties may be reserved Saturdays and Sundays between the hours of 1:00PM and 6:00 PM. For questions and reservations contact Jenn Youndt at jyoundt@lancsteryymca.org or call 717-393-9622 ext.1113