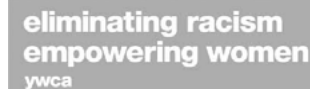


Fall – Winter - Spring 2011-2012

Public Swim Schedule ver. 1.1



September 12, 2011 – June 17, 2012

Pool Closed: Oct 30, Nov 11, 24, 27, Dec 24 – 26, Dec 31 – Jan 2, Jan 16, Apr 6-8, May 26-28.

www.ywcaawpcw.org

No Classes (Please check holiday schedule): Nov 24-27, Dec 24-31, Jan 1-2, Feb 19, Apr 6-13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-9:45 Adult Lap Swim	6:30-9:30am Adult Lap Swim	6:00-9:45 Open Swim	6:30-9:30am Adult Lap Swim	6:00-10:00am Adult Lap Swim (2 Lanes after 9:15)	6:45-8:45 Adult Lap Swim (2 Lanes)	8:30-9:00 Adult Lap Swim (2 Lanes) 9:00-9:55 Open Swim
						Key:
11-12:00 Women's Swim	11-12:00 Women's Swim	11-12:00 Women's Swim	11-12:00 Women's Swim	11-12:00 Women's Swim	Adult Lap & Women Only Swims open to individuals aged 15 and above. Family & Open swims welcome all ages.	
12-1:00 Open Swim	12-1:00 Open Swim	12-1:00 Open Swim	12-1:00 Open Swim	12-1:00 Open Swim	There is no guarantee of lap swimming during Family & Open swims.	
1-1:30 Adult Lap (2 lanes)	1-1:30 Adult Lap (2 Lanes)	1-2:00 Adult Lap (3 lanes)	1-1:30 Adult Lap (2 lanes)	1-1:30 Adult Lap (2 lanes)	Please be prepared to present membership cards and Dip ticket. No Dip ticket? Fees must be paid with extract change. Purchase your Dip ticket at front desk. It is easier and costs less.	
						No access is available during non-swim times
2:30-3:40 Open Swim	2:30-3:40 Open Swim	2:30-3:40 Open Swim	2:30-3:40 Open Swim	2:30-3:40 Open Swim	2 -4:30 Open Swim	2:30-4:30 Open Swim
8:45-10pm Open Swim 2 lanes	8:45-10pm Open Swim 2 lanes	8:45-10pm Open Swim	8:45-10pm Open Swim 2 lanes	8:00-9:30 Family Swim		

Swim schedule and lane availability are subject to modification at any time.

YWCA of White Plains
515 North Street
White Plains, NY 10605

(914) 949-6227

Aquatic Director - ext 110

Pool Office - ext 152
Middies Swim Team - ext 110 or ext 151
Swim lessons and Pool Parties - ext 140
Front Desk - ext 101
Fitness Center Desk ext 150

Pool Rules:

- No diving allowed.
- Obey the lifeguards at all times.
- No running or horseplay.
- All children under 16 must have an adult present in the pool area while they swim
- **Any child not able to stand chest high in the shallow end must be accompanied in the water by an adult.**

Additional Pool Usage Guidelines:

- All swimmers must present their membership card AND swim fees (if applicable) **BEFORE** swimming.
- All swimmers **MUST** sign in with the deck checker.
- No food or hot drinks in the pool area.
- No glass in the pool area or in the bleachers.
- All swimmers must shower before using the pool
- No street shoes allowed on the pool deck past the red line.
- Swimsuits and appropriate swim attire must be worn. No cut-offs or street clothes.
- Infants and children not toilet trained must wear swim diapers.
- No boys over the age of 4 years allowed in the women's locker room.
- No girls over the age of 4 years allowed in the men's locker room.
- Toys are **NOT** available to the public during recreational swims.
- Noodles, barbells and exercise equipment are available and should be replaced after use.
- All children must pass a deep water test before being allowed to swim in the deep end **EVEN IF THEY ARE KNOWN TO THE STAFF**
- Adult swims are for people ages 16 and up; however, private lessons can be scheduled during this time.
- Women's swim is for women only.
- Open swim is for anyone.
- Fast swimmers use lanes 1 & 2. Medium-paced swimmers use lanes 3 & 4. Slow and recreational swimmers use lanes 5 & 6.