



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Large Pool Schedule

Begins June 25, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
5:30am	Lap Swim 5:30 am-9:00 am					YMCA Closed	YMCA Closed	5:30am
7:00am						Lap Swim 7:00 – 9:00 am		
9:00am	Aqua Combo (5) Lap Swim (1) 9:15-10:15 am	Dig Deep (4) Lap Swim (2) 9:15-10:00 am	Aqua Combo (4) Lap Swim (2) 9:05-10:05 am	Tethered (4) Lap Swim (2) 9:15-10:00 am	Aqua Combo (5) Lap Swim (1) 9:05-10:05 am	Lessons ONLY 9:00 am-12:00 pm	Lap Swim (3) Open Swim (3) 9:00 -10:00 pm	9:00am
9:30am							9:30am	
10:00am	Lap Swim (4) 10:15-11:00 am Camp Lessons (2) 10:30-11:00 am	Gentle Water (3) Lap Swim (3) 10:00-11:00 am	Lap Swim (4) 10:05-11:00 am Camp Lessons (2) 10:30-11:00 am	Gentle Water (3) Lap Swim (3) 10:00-11:00 am	Lap Swim (4) 10:05-11:00 am Camp Lessons (2) 10:30-11:00 am		Lap Swim (3) Open Swim (2) Individual Lessons (1) 10:00 am—12:00 pm	10:00am
11:00am	Lap Swim (4) Camp Lessons (2) 11:00 am-12:00 pm	Lap Swim (4) Open Swim (2) 11:00 am-2:00 pm	Lap Swim (4) Camp Lessons (2) 11:00 am-12:00 pm	Lap Swim (4) Open Swim (2) 11:00 am-2:00 pm	Lap Swim (4) Camp Lessons (2) 11:00 am-12:00 pm	Lap Swim (5) Individual Lessons (1) 12:00-2:00 pm	Lap Swim 12:00-2:00 pm	11:00am
12:00pm	Lap Swim (4) Therapy (2) 12:00-1:00 pm		Lap Swim (4) Therapy (2) 12:00-1:00 pm		Lap Swim (6) 12:00-1:00 pm			12:00pm
1:00pm	Lap Swim (4) Camp Lessons (2) 1:00-1:45 pm		Lap Swim (4) Camp Lessons (2) 1:00-1:45 pm		Lap Swim (4) Camp Lessons (2) 1:00-1:45 pm			1:00pm
2:00pm	Lap Swim (2) Camp Swim (4) 2:00-3:00 pm					Open Swim (3) Lap Swim (3) 2:00-4:00 pm	Open Swim (3) Lap Swim (3) 2:00-2:55pm	2:00pm
3:00pm	Lessons ONLY 3:00-5:00 pm							3:00pm
4:00pm						Lap Swim (3) Open Swim (3) 4:00-5:45 pm Community Swim (3) 4:00-5:00 pm	Lessons ONLY 3:00-5:45 pm	4:00pm
5:00pm	Individual Lessons (1) Lap Swim (5) 5:00-6:30 pm							5:00pm
5:45pm						Pool Closes 5:45pm		5:45pm
6:00pm						YMCA Closed		6:00pm
6:30pm	Lap Swim (4) Open Swim (2) 6:30-7:45 pm	Aqua Zumba (4) Open Swim (2) 6:30-7:45 pm	Lap Swim (2) Open Swim (2) Aquatic Training (2) 6:30-7:45 pm	Lap Swim (4) Open Swim (2) 6:30-7:45 pm	Lap Swim (4) Open Swim (2) 6:30-7:45 pm			6:30pm
7:00pm								7:00pm
7:45pm	Pool Closes 7:45pm							7:45pm
8:00pm	YMCA Closed							8:00pm

(#): Indicates how many lanes available during multiple activities.
Lane assignments are subject to change based on usage and guards' discretion.

Summer Small Pool Schedule

Begins June 25, 2018

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours		
5:30am	Small Pool Closed					YMCA Closed		5:30am		
8:30am								8:30am		
9:00am						9:00am				
10:00	Open Swim 10:00-10:30 am	Open Swim 10:00-11:00 am	Open Swim 10:00-10:30 am	Open Swim 10:00-11:00 am	Open Swim 10:00-10:30 am	Lessons ONLY 9:00 am-12:00 pm	Open Swim 9:00 am-1:00 pm	9:30am		
10:30am	Camp Lessons 10:30 am-11:15 pm		Camp Lessons 10:30 am-11:15 pm		Camp Lessons 10:30 am-11:15 pm			10:30am		
11:00am	Open Swim 11:15 am -12:00 pm	Summer Blast Swim 11:00am-12:00 pm	Open Swim 11:15 am -12:00pm	Summer Blast Swim 11:00am-12:00 pm	Open Swim 11:15 am -12:00pm			11:00am		
12:00pm	Open Swim 12:00-2:00 pm							Open Swim 12:00 pm-1:00pm	12:00pm	
1:00pm	Camp Swim ONLY 2:00-3:00 pm							Birthday Parties 1:00 pm-4:00 pm	Birthday Parties 1:00 -3:00 pm	1:00pm
2:00pm	Lessons ONLY 3:00-5:00 pm					Open Swim 4:00-5:45 pm Community Swim 4:00-5:00 pm	Lessons ONLY 3:00-5:45 pm			2:00pm
3:00pm	Open Swim 5:00-6:45 pm							Pool Closes 5:45pm	YMCA Closes 6:00pm	3:00pm
3:30pm	Pool Closes 6:45pm									3:30pm
4:00pm	YMCA Closes 8:00pm					4:00pm				
5:00pm						5:00pm				
5:45pm						5:45pm				
6:00pm						6:00pm				
7:00pm						7:00pm				
8:00pm						8:00pm				

Definition of Terms

Lap Swim: Lap swim for all ages. Swimmers may be directed to specific lap lanes by the lifeguard based on ability to lap swim.

Open Swim: Recreational swim time

Community Swim: During community swim, guests may swim at a rate of \$1 for children 17 years and younger and \$2 for adults 18 and over.

Birthday Parties: This time is reserved for pre-arranged YMCA birthday parties, for more information please see the front desk.

Therapy: Therapy patients/members utilize the pool in collaboration with physical therapists in our community.

Lessons: The Y Aquatics Department offers swimming lessons for participants of all ages and abilities, from infant to adult. The pools will be closed during lesson time to any other activities. For more info on lessons, pick up a copy of the YMCA class descriptions at the Front Desk.

Individual Lessons: For individuals of all ages: taught by top YMCA Swim Instructors. Times and rates are available at the Front Desk.

Aqua fitness classes: A host of instructor led pool fitness classes. Intensity and difficulty changes with each class type, please refer to the YMCA Fitness class schedule for more details.

Camp Lessons: Lessons for Camp Adventure kids only.

Camp Swim: Reserved for YMCA Summer camps only.

Aquatic Training: Aquatic staff trainings for instructors and Lifeguards only. If no training is occurring, these lanes will be open for lap swim.

YMCA of Ithaca & Tompkins County,
50 Graham Road West
Ithaca, NY 14850

Phone: (607) 257-0101
Fax: (607) 257-5828
Website: www.ithacaymca.com