



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer Large Pool Schedule

Begins June 26, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
5:30am	Lap Swim 5:30-9:00 am					YMCA Closed	YMCA Closed	5:30am
7:00am						Lap Swim 7:00 – 9:00 am		
9:00am	Aqua Combo (4) Lap Swim (2) 9:15-10:15 am	Dig Deep (4) Lap Swim (2) 9:00-10:00 am	Aqua Combo (4) Lap Swim (2) 9:00-10:00 am	Tethered (4) Lap Swim (2) 9:00-10:00 am	Aqua Combo (5) Lap Swim (1) 9:00-10:00 am	Lap Swim (2) Lessons (4) 9:00 am-12:00 pm	Lap Swim (3) Open Swim (3) 9:00 –10:00 am	9:00am
9:30am							Lap Swim (3) Open Swim (2) Individual lessons (1) 10:00 am-12:00 pm	9:30am
10:00am	Gentle Water (2) Lap Swim (2) 10:15-11:00 am Camp Lessons (2) 10:30-11:00 am	Gentle Water (3) Lap Swim (3) 10:00-11:00 am	Gentle Water (2) Lap Swim (2) 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) 10:00-11:00 am Camp Lessons (2) 10:30-11:00 am			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 (4) Individual Lessons (2) 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) 1:00-2:00 pm		Lap Swim (4) Camp Lessons (2) 1:00-2:00 pm		Lap Swim (4) Camp Lessons (2) 1:00-2:00 pm		1:00pm	
2:00pm	Lap Swim (2) Camp Swim (4) 2:00-3:00 pm	Lap Swim (4) Open Swim (2) 2:00-3:00 pm	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) 2:00-3:00 pm	2:00pm
3:00pm	Lessons 3:00-5:00 pm						Lap Swim (3) Open Swim (3) 4:00-5:45 pm Community Swim (3) 4:00-5:00 pm	Lessons 3:00-5:45 pm
4:00pm								
5:00pm	Individual Lessons (1) Lap Swim (5) 5:00-6:30 pm					Pool Closed		5:00pm
5:45pm								
6:00pm						YMCA Closed	6:00pm	
6:30pm	Lap Swim (2) Open Swim (2)	Aqua Zumba (4) Open Swim (2) 6:30-7:45 pm	Lap Swim (4) Open Swim (2) 6:30-7:45 pm	Aqua Zumba (4) Open Swim (2) 6:30-7:45 pm	Lap Swim (4) Open Swim (2) 6:30-7:45 pm		6:30pm	
7:00pm	Aquatic training (2) 6:30-7:45 pm						7:00pm	
7:45pm	Pool Closed							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 26, 2017

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

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

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