

ROXBURY FAMILY YMCA
NEW! SWIMMING POOL SCHEDULE
Beginning May 4th to June 28, 2008



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15 - 9:30 LAP SWIM	6:15 - 9:30 LAP SWIM	6:15 - 9:30 LAP SWIM	6:15 - 9:30 LAP SWIM	6:15 - 9:30 LAP SWIM	
	9:30 - 10:15 E-Z SWIM 2L LAP SWIM 3L		9:30 - 10:15 E-Z SWIM 2L LAP SWIM 3L		9:30 - 10:15 E-Z SWIM 2L LAP SWIM 3L	9:00 - 12:00 LESSONS
	10:15 - 11:00 AQUA AEROBICS		10:15 - 11:00 AQUA AEROBICS		10:15 - 11:00 AQUA AEROBICS	LAP SWIM 1L
11:00 - 12:00 LAP SWIM	11:00 - 1:30	11:00 - 12:00 *RAINBOWS	11:00 - 1:30	11:00 - 12:00 *RAINBOWS	11:00 - 1:30	
12:00 - 3:00 FAMILY SWIM 3L	LAP SWIM	12:00 - 1:30 LAP SWIM	LAP SWIM	12:00 - 1:30 LAP SWIM	LAP SWIM	1:00 - 3:00 FAMILY SWIM 3L
LAP SWIM 2L	OUR MISSION The YMCA of Greater Boston is dedicated to improving the health of mind, body and spirit of individuals and families in our communities. We welcome men and women, boys and girls of all incomes, faiths and cultures.					LAP SWIM 2L
3:00 - 4:00 LAP SWIM/ RENTAL						3:00 - 4:00 LAP SWIM/ RENTAL
*INTERESTED IN A BIRTHDAY PARTY? ASK AT THE MEMBER SERVICE DESK	4:00 - 6:00 FAMILY SWIM 3L LAP SWIM 2L	4:00 - 6:00 FAMILY SWIM 3L LAP SWIM 2L	4:00 - 6:00 FAMILY SWIM 3L LAP SWIM 2L	4:00 - 6:00 FAMILY SWIM 3L LAP SWIM 2L	4:00 - 6:00 *ROXBURY ONSITE AFTER SCHOOL PROGRAM	
	6:00 - 7:00 *LESSONS	6:00 - 7:00 *LESSONS	6:00 - 7:00 *LESSONS	6:00 - 7:00 *LESSONS	6:00 - 8:00 FAMILY SWIM 3L	*INTERESTED IN A BIRTHDAY PARTY? ASK AT THE MEMBER SERVICE DESK
	7:15 - 8:00 AQUA AEROBICS <i>LAP SWIM 1L</i>	7:15 - 8:00 ADULT LESSONS LAP SWIM 1L	7:15 - 8:00 AQUA AEROBICS <i>LAP SWIM 1L</i>	7:15 - 8:00 ADULT LESSONS LAP SWIM 1L	LAP SWIM 2L	
	8:00 - 8:30 LAP SWIM	8:00 - 8:30 LAP SWIM	8:00 - 8:30 LAP SWIM	8:00 - 8:30 LAP SWIM	8:00 - 8:30 LAP SWIM	

ROXBURY FAMILY YMCA, 285 Martin Luther King Boulevard, Roxbury, MA 02119 (617) 427 - 5300

*Indicates when pool is restricted to child based programs

Please check front entrance to see how many lap lanes are available at the moment.

Underlined and *italicized LAP SWIM* indicates that the lane line is not guaranteed due to high class participation.

See reverse for more details

ROXBURY FAMILY YMCA POOL ACTIVITY DESCRIPTIONS

LAP SWIM: This swim provides an opportunity to swim laps for those aged 15 and up. Up to five different lap lanes may be set up – when required to share, swimmers should try to share with someone swimming a similar speed. Check main door to see how many lap lanes available at that time.

FAMILY SWIM: This is an opportunity for family members to enjoy the pool. Equipment use is limited to noodles, life-vests and bubbles. Children aged 6 and under and any swimmer requiring a flotation device **MUST** be accompanied by an adult (18 and up) in the water. A swim test is required for all swimmers under the age of 15 to swim in the deep end (lifeguards may ask individuals older than 15 to take the test also).

TEEN SWIM: This swim is for teen members (aged 12-17). Equipment use is limited to noodles and life-vests.

AQUA AEROBICS: This activity is open to all adults who are interested in water based, low impact, and a low gravity work out. A lap lane is reserved for swimmers interested in swimming laps but lappers please be aware that a lane line is not always guaranteed during this activity. The reserved lane line may be taken out to accommodate high class participation.

E-Z SWIM: This swim provides an opportunity for swimmers to enjoy a light workout utilizing 2 lanes

PRE SCHOOL & SCHOOL AGED

ACTIVITIES: According to state law during pre school and school aged programmed activities, public use of the pool is prohibited.

ROXBURY FAMILY YMCA POOL RULES

Pool rules are established for your safety. Please respect the lifeguards' enforcement of these rules.

- Bathing suits (appropriate swimwear) required
- Diving is allowed only from the deck at the 10 ft area
- Use of the starting blocks is not permitted
- Please do not hang on the lane lines
- Inappropriate language is not permitted
- All swimmers **MUST** take a soap shower prior to swimming (MA state law)
- Anyone with an infectious disease, open sore, or communicable illness may not use the pool or spa (MA state law)
- For the safety of your children, all children aged 12 and under **MUST** be accompanied by an adult (18 and up) on the pool deck for swimmers and **IN** the pool for all non-swimmers.
- All swimmers must wear a bathing cap. If you do not have a bathing cap one can be purchased at the front desk.
- T-shirts may be worn while swimming in the shallow end only
- Please **WALK** on the pool deck at all times
- Personal floats and balls are not permitted without approval of the lifeguard
- Street shoes should not be worn on the pool deck (Use booties provided at front entrance)
- Horseplay (throwing people, kids on shoulders, etc) prohibited
- Jumping entries must be feet-first in a clear area (no flips, head-first dives, back jumps or twist entries); area may be designated by the guard
- A swim test is required for all swimmers under the age of 15 to swim in the deep end; test includes 25-yd front crawl and one-minute tread
- Food, beverage, and glass containers are not allowed on the pool deck (plastic water bottles allowed)
- No cell phones, cameras, videos, electronic gear or recording devices allowed
- During Family Swim, and Teen Swim, kickboards, barbells and dumbbells not permitted