

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
6:00am	POOL CLOSED			LAP SWIM 8 LANES			POOL CLOSED			LAP SWIM 8 LANES		
7:00am	LAP SWIM 8 LANES			LAP SWIM 8 LANES			LAP SWIM 8 LANES			LAP SWIM 8 LANES		
8:00am	LAP SWIM 8 LANES			LAP SWIM 8 LANES			LAP SWIM 8 LANES			LAP SWIM 8 LANES		
9:00am	LAP SWIM 8 LANES			AQUA CLASS EXTREME POWER WORKOUT 6 LANES		LAP SWIM 2 LANES	LAP SWIM 8 LANES			AQUA CLASS EXTREME POWER WORKOUT 6 LANES		LAP SWIM 2 LANES
10:00am	SUMMER CAMP 4 LANES	LAP SWIM 4 LANES		AQUA CLASS DEEPLY FIT 6 LANES		LAP SWIM 2 LANES	AQUA CLASS HYDRO FIT PLUS 6 LANES		LAP SWIM 2 LANES	AQUA CLASS DEEPLY FIT 6 LANES		LAP SWIM 2 LANES
11:00am		LAP SWIM 4 LANES		LAP SWIM 8 LANES			LAP SWIM 4 LANES	JR GUARD 4 LANES	LAP SWIM 8 LANES			
11:30am	4 LANES	LAP SWIM 4 LANES		LAP SWIM 8 LANES					LAP SWIM 8 LANES			
12:00pm	JR GUARD 8 LANES			LAP SWIM 8 LANES			JR GUARD 8 LANES			LAP SWIM 8 LANES		
1:00pm	SUMMER CAMP FMG		2 LANES	SUMMER CAMP FMG		LAP SWIM 2 LANES	SUMMER CAMP FMG		2 LANES	SUMMER CAMP FMG		LAP SWIM 2 LANES
2:00pm			LAP SWIM 2 LANES						LAP SWIM 2 LANES			
3:00pm			LAP SWIM 2 LANES						LAP SWIM 2 LANES			
3:30pm	LAP SWIM 8 LANES			LAP SWIM 8 LANES			LAP SWIM 8 LANES			LAP SWIM 8 LANES		
4:00pm	SWIM LESSONS 1 LANES	LAP SWIM 7 LANES		SWIM LESSONS 1 LANES	WATER POLO 2 LANE	LAP SWIM 5 LANES	SWIM LESSONS 1 LANES	LAP SWIM 3 LANES	STINGRAYS 4 LANES	SWIM LESSONS 1 LANES	WATER POLO 2 LANE	LAP SWIM 5 LANES
5:00pm	SWIM LESSONS 1 LANES	LAP SWIM 7 LANES		SWIM LESSONS 1 LANES	WATER POLO 2 LANE	LAP SWIM 5 LANES	SWIM LESSONS 1 LANES	LAP SWIM 7 LANES		SWIM LESSONS 1 LANES	WATER POLO 2 LANE	LAP SWIM 7 LANES
6:00pm	STINRAYS 2 LANES	SWIM LESSONS 1 LANE	LAP SWIM 5 LANES	SWIM LESSONS 1 LANE	LAP SWIM 7 LANES		STINRAYS 2 LANE	SWIM LESSONS 1 LANES	LAP SWIM 5 LANES	SWIM LESSONS 1 LANES	LAP SWIM 7 LANES	
7:00pm	LAP SWIM 4 LANES		SWIM CLUB 4 LANES	LAP SWIM 8 LANES			LAP SWIM 4 LANES		SWIM CLUB 4 LANES	LAP SWIM 8 LANES		
8:00pm	POOL CLOSED											

YARROW FAMILY YMCA LAP POOL SCHEDULE

June 23 – July 25



	FRIDAY	SATURDAY	SUNDAY
7:00am	LAP SWIM 8 LANES	POOL CLOSED	POOL CLOSED
8:00am	LAP SWIM 8 LANES	LAP SWIM 8 LANES	LAP SWIM 8 LANES
9:00am	LAP SWIM 8 LANES	AQUA CLASS NOTHING BUT NOODLES 5 LANES	LAP SWIM 8 LANES
10:00am	AQUA CLASS COMPLETE AQUA 4 LANES	LAP SWIM 2 LANES	LAP SWIM 8 LANES
11:00am	LAP SWIM 8 LANES	WATER POLO 4 LANE	LAP SWIM 8 LANES
12:00pm	LAP SWIM 8 LANES	LAP SWIM 8 LANES	LAP SWIM 8 LANES
1:00pm	POOL CLOSED	LAP SWIM 8 LANES	LAP SWIM 8 LANES
1:30pm	POOL CLOSED	POOL CLOSING AT 1:30pm	POOL CLOSING AT 1:30pm
2:00pm	LAP SWIM 8 LANES	LAP SWIM 8 LANES	LAP SWIM 8 LANES
3:00pm	LAP SWIM 8 LANES	LAP SWIM 8 LANES	LAP SWIM 8 LANES
3:30pm	LAP SWIM 8 LANES	POOL CLOSING AT 3:30pm	LAP SWIM 8 LANES
4:00pm	LAP SWIM 8 LANES	LAP SWIM 8 LANES	LAP SWIM 8 LANES
5:00pm	LAP SWIM 8 LANES	LAP SWIM 8 LANES	LAP SWIM 8 LANES
6:00pm	LAP SWIM 8 LANES	LAP SWIM 8 LANES	LAP SWIM 8 LANES
6:30pm	POOL CLOSING AT 6:30pm	LAP SWIM 8 LANES	LAP SWIM 8 LANES

ADULT SWIM

AQUA CLASS

FAMILY SWIM

HORIZON

LAP SWIM

JR. GUARDS

STINGRAYS

SWIM CLUB

SWIM LESSONS

WATER POLO

Questions? Contact

yarrowaquatics@sevyymca.org

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE



The lap lanes that we have available vary by day and time. Please review our app for how many lap lanes we have available at any given time.

LAP SWIM ETIQUETTE

- Lanes are available on a first come, first serve basis.
- If there are more than 2 in a lane, you must swim in circle pattern.
- Please wait at least 5 second between swimmers.
- Communicate with your lane mates. Let them know that you are entering and lane before pushing off to swim. This will help avoid in-water collisions!
- If you finish a set or need a break, please stand to the side of the lane to avoid blocking the middle of the wall.
- If you need to let a swimmer pass, please do so at the wall.
- Above all, be considerate and treat others with respect!

YARROW FAMILY YMCA

WARM POOL SCHEDULE

June 23 – July 25




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
7:00am	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	
8:00am	OPEN SWIM		OPEN SWIM		
9:00am	AQUA CLASS ACTIVE AND MOBILE	SWIM LESSONS	AQUA CLASS ACTIVE AND MOBILE	SWIM LESSONS	
10:00am	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	SUMMER CAMP	
11:00am					
11:30am					
12:00pm	POOL CLOSED				
1:00pm	SUMMER FMG				
2:00pm					
3:00pm					
3:30pm	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	
4:00pm	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SNAP
5:00pm	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SNAP
6:00pm	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	
7:00pm	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	
8:00pm	POOL CLOSED				

YARROW FAMILY YMCA WARM POOL SCHEDULE

June 23 – July 25



	FRIDAY	SATURDAY		SUNDAY
7:00am	POOL CLOSED	POOL CLOSED		POOL CLOSED
8:00am	OPEN SWIM			
9:00am	FAMILY SWIM	SWIM LESSONS	SNAP	FAMILY SWIM
10:00am	SUMMER CAMP	SWIM LESSONS	SNAP	FAMILY SWIM
11:00am	AQUA CLASS CORE AND MUCH MORE	SWIM LESSONS	SNAP	FAMILY SWIM
12:00pm	POOL CLOSED	FAMILY SWIM		FAMILY SWIM
1:00pm	POOL CLOSED	FAMILY SWIM		FAMILY SWIM
2:00pm	FAMILY SWIM	FAMILY SWIM		POOL CLOSES AT 2:00pm
3:00pm	FAMILY SWIM	FAMILY SWIM		
3:30pm		POOL CLOSES AT 3:30pm		
4:00pm	FAMILY SWIM	<div>TO VIEW ALL CURRENT SCHEDULES SCAN HERE</div> <div></div>		
5:00pm	FAMILY SWIM			
6:00pm	FAMILY SWIM			
6:30pm	POOL CLOSES AT 6:30pm			

POOL

- No diving, running or rough play
- All swimmers must shower before
- All children 11 years and younger r
- guardian.
- Children 2 years and younger mus
- Please use locker rooms or Family
- suit. Changing on pool decks is pr
- No glass, gum, soap, or food allow
- Proper swim attire must be worn.
- Full face snorkel masks are not pe
- When there are more than 2 swim

OPEN SWIM

AQUA CLASS

FAMILY SWIM

SNAP

SWIM LESSONS

SUMMER CAMP

Questions? Contact
yarrowaquatics@sevyymca.org

POOL RULES

- No diving, running or rough play allowed.
- All swimmers must shower before entering pool.
- All children 11 years and younger must be accompanied by a parent or guardian.
- Children 2 years and younger must wear swim diapers or liner at all times.
- Please use locker rooms or Family Changing Rooms to change your child's suit. Changing on pool decks is prohibited.
- No glass, gum, soap, or food allowed in pool area.
- Proper swim attire must be worn. Not cutoffs or t-shirts allowed
- Full face snorkel masks are not permitted
- When there are more than 2 swimmers per lanes, everyone must circle swim
- Spitting, blowing of the nose or discharging of bodily waste in the pool is prohibited.
- Sitting or hanging on float lines is not allowed.
- All Lifejackets Must be US Coast Guard-approved for use in the pool.
- Lifeguards reserve the right to inspect and approve any personal lifejacket.
- Please obey the lifeguard at all times

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE

