



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lampeter-Strasburg Indoor Pool

Aug 1 - Sept 2 2024

Pool Hours:

Mon. & Wed.:

5:00 am- 12:00 pm

3:00 pm- 7:30 pm

Tues. & Thurs.:

5:00 am- 7:30 pm

Friday:

5:00 am- 12:00 pm

3:00 pm- 7:30 pm

Saturday:

7:00 am- 3:30 pm

Sunday:

10:00 am- 3:30 pm

Lap Swimming:

Is open to those that have the ability to swim multiple laps continuously. Lanes may be added or decreased based on availability.

ADULT LAP SWIM:

18+ See above
Or pass the Lap swim test and receive blue band (see back for details)

Accommodations:

Our Aquatics Staff will do their best to meet individual Members' needs based off of the multiple activities scheduled in our pool.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (5 Lanes)	5:00-12:00	5:00-7:00 Lap Swim (5 Lanes)	5:00-8:00 Lap Swim (5 Lanes)	5:00-8:00 Lap Swim (5 Lanes)	5:00-9:00 Lap Swim (5 Lanes)	7:00-9:00 Lap Swim (5 Lanes)	
		7:00-7:45 Deep Intervals (3 Lanes) Lap Lanes: 3	8:00-9:00 Senior Splash (3 Lanes) Lap Lanes: 3			9:00-12:00 Swim Lessons (2Lanes) Adult Lap Swim: 4	
		8:00-8:45 Active Water Class (3 Lanes) Lap Lanes: 3	9:00-9:45 OOA Senior Splash (3 Lanes) Lap Lanes: 3				10:00-3:30* Lap Swim (3 Lanes) Family Swim (2 Lanes)
		9:00-11:00 Lap Swim (5 Lanes)	10:00-12:00 Lap Swim (5 Lanes)	9:00-12:00 Adult Lap Swim: 5	9:00-12:00 Adult Lap Swim: 5	12:00-1:00* Lap Swim (5 Lanes)	
		11:00-13:00 Lap Swim (5 Lanes)		12:00-3:00 Lap Swim (5 Lanes)		1:00-3:30* Family Swim (2 Lanes) Lap Swim (3 Lanes)	
12-3 Closed			12-3 Closed		12-3 Closed		
				3:00-5:00 Family Swim (2 Lanes) Lap Swim (3 Lanes)			
	3:00-5:00 Family Swim (2 Lanes) Lap Swim (3 Lanes)			3:00-4:45 Family Swim (2 Lanes) Lap Swim (3 Lanes)	5:00-7:30* Lap Swim (3Lanes)		
5:00-7:30 Adult Lap Swim (3 Lane)	5:00-7:30 Family Swim (2 Lanes) Lap Swim (3 Lanes)	5:00-7:30 Adult Lap Swim (3 Lane)	5:00-7:30 Adult Lap Swim (2 Lane)		Family Swim (2 Lanes)		
5:00-7:30 Swim Lessons (2 Lanes)		5:00-7:30 Swim Lessons (2 Lanes)	5:00-7:30 Swim Lessons (2 Lanes)				

ADDITIONAL INFO

*Birthday Parties may be in the pool at this time Lifeguard classes may also be occurring at this time

Youth under the age of 13 require swim test wristbands. Non-swimmers with RED BANDS require parent in the water.

During lessons the pool space will be limited to Lessons and Adult lap swim. The splash area will not be available. No members in lesson lanes

See back for schedule changes

Lampeter- Strasburg YMCA

800 Village Road, Lancaster, PA, 17602
717-464-4000 rosesymca.org

Swim Lesson Coordinator:

Cora Minder
cminder@rosesymca.org

Executive Director:

Mike Siers
msiers@rosesymca.org

Lifeguard classes and other events:

Lifeguard Classes (Fri-Sun)

08/16/24 - 08/18/24

09/20/24 - 09/22/24

Lifeguard Recerts

08/24/24 Sa - 8:00 am - 6:00 pm

10/27/24 Su - 8:00 am - 6:00 pm

YMCA CLOSED ON LABOR DAY

Blue Band for youth to swim laps during designated Adult lap swim times.

We want to promote the ability of youth to be able to swim laps for physical conditioning and to improve their endurance.

The following will apply for testing:

- Must schedule an appointment with the Aquatic Director (only)
- Has completed the green band test
- Can complete a 100-yard non-stop swim utilizing a competitive stroke (freestyle, backstroke, breaststroke, butterfly) of their choice
- Tests are limited to one per week and can be scheduled at msiers@rosesymca.org

Rules for Blue Band swimmers:

- Must get the blue band at the desk when they enter
- This time is for swimming laps and not for recreational play
- Any swimmers 12 and under require a parent on the pool deck at all times.
- If the rules are not followed the swimmer will lose the privilege.