

**HUNTERDON COUNTY YMCA POOL**

**SCHEDULE DATES**

**5/13/22-6/12/22**

**IMPORTANT INFORMATION:**

**EFFECTIVE:** 5/13/22 **RESERVATIONS WILL NO LONGER BE REQUIRED FOR LAP SWIM**

**SPECIAL NOTE:** The pool will close Monday-Friday at 7:45 am to 8 am. LIFEGUARD SAFETY BREAK

**SPECIAL NOTE:** [PLEASE SEE CIRCLE SWIM REMINDER ON BACK OF SCHEDULE OR POSTED ON WWW.HCYMCA.ORG](http://WWW.HCYMCA.ORG)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	6:30 AM - 8:45 AM	6:45 am - 9:00 AM
	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES		
7:00 - 7:45 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	SWIM TEAM - ALL LANES	SWIM TEAM- 6 LANES 8:15 SWIM LESSONS - NO LAP OR REC
7:45-8 SAFETY BREAK	6 LANES	6 LANES	6 LANES	6 LANES	6 LANES		
8:00 - 8:45 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
	6 LANES	6 LANES	6 LANES	6 LANES	5 LANES		
9:00 - 9:45 AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	9:00 AM - 12:15 PM	9:00 AM - 12:15 PM
	5 LANES	4 LANES	5 LANES	4 LANES	4 LANES		
10:00 - 10:45 AM	LAP SWIM	LAP SWIM - 2 LANES	LAP SWIM 3 LANES	LAP SWIM - 2 LANES	LAP SWIM 2 LANES	SWIM LESSONS ALL LANES	SWIM LESSONS - ALL LANES
	5 LANES	AQUAFIT	AQUAFIT	AQUAFIT	LESSONS		
11:00 - 11:45 AM	LAP SWIM 4 LANES	LAP SWIM 3 LANES	LAP SWIM 4 LANES	LAP SWIM 3 LANES	LAP SWIM 3 LANES		
	PRIVATE LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		
11:45 AM - 1:15 PM	LAP SWIM 4 LANES	LAP SWIM 3 LANES	LAP SWIM 3 LANES	LAP SWIM 3 LANES	LAP SWIM 3 LANES	12:15 - 2:00 PM	12:15 - 2:00 PM
	REC SWIM	SENIOR SWIM/PRIVATE	REC SWIM	SENIOR SWIM/PRIVATE	REC SWIM		
1:15 PM - 2:30 PM	LAP SWIM 3 LANES	LAP SWIM 3 LANES	LAP SWIM 3 LANES	LAP SWIM 3 LANES	LAP SWIM 4 LANES	*3 LAP LANES/REC if Lifeguard Class: 2 Lap Lanes	*3 LAP LANES If Lifeguard class: 2 Lap Lanes
	REC. SWIM	REC SWIM	SWIM LESSONS	REC SWIM	REC SWIM		
2:30 - 3:45 PM	LAP SWIM 4 LANES	LAP SWIM 4 LANES	LAP SWIM 4 LANES	LAP SWIM 4 LANES	LAP SWIM 4 LANES	2:00 - 5:00 pm	2:00 - 4:00 pm
	REC SWIM	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS		
4 pm - 4:45 pm	LAP SWIM 3 LANES	LAP SWIM 2 LANES	LAP SWIM 2 LANES	LAP SWIM 2 LANES	LAP SWIM 2 LANES	2 LAP LANES & REC	2 LAP LANES & REC
	1 REC LANE/ 1 PRIVATE	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		
4:45 pm - 5:30 pm	NO LAP SWIM	LAP SWIM 1 LANE	LAP SWIM 2 LANES	NO LAP OR REC	NO LAP OR REC	5:00 pm - 6:45 PM	4:00 - 5:00 PM
	SWIM TEAM/SPEC. O	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		
5:30 - 6:15 pm	LAP SWIM 3 LANES	LAP SWIM 1 LANE	LAP SWIM 2 LANES	LAP SWIM 2 LANES	LAP SWIM 1 LANE	4 LAP LANES REC LANE	*3 LAP & PROG. REC
	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM		5:00 - 6:45 PM
6:15 - 7:00 PM	LAP SWIM 1 LANE	LAP SWIM 1 LANE	LAP SWIM 2 LANES	LAP SWIM 2 LANES	LAP SWIM 1 LANE	4 LAP LANES/ REC	4 LAP LANES/ REC
	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM	SWIM TEAM		
7:00 - 8:00 PM	LAP SWIM 1 LANE	LAP SWIM 1 LANE	LAP SWIM 3 LANES	LAP SWIM 2 LANES	LAP SWIM 2 LANES		
	SWIM TEAM	SWIM LESSONS	SWIM TEAM	SWIM TEAM	SWIM TEAM		
8:00 - 8:45 PM	LAP SWIM 2 LANES	LAP SWIM 4 LANES	LAP SWIM 3 LANES	LAP SWIM 2 LANES	LAP SWIM 5 LANES		
	SWIM TEAM	REC. SWIM	SWIM TEAM	SWIM TEAM TILL 8:30	REC SWIM		

*Note: pool schedule is subject to change due to seasonal programming and or other circumstances*

**DEFINITIONS**

REC. = RECREATIONAL SWIM TIME - AREA FOR PLAY AND FITNESS/ EXERCISE

LAP SWIM = LANE WILL BE SHARED BY MULTIPLE SWIMMERS. SWIMMERS MUST ADHERE TO SWIM ETIQUETTE AND CIRCLE SWIM GUIDANCE

SENIOR SWIM = SENIORS WILL HAVE USE OF A DESIGNATED SECTION OF THE POOL. THIS DOES NOT INCLUDE LAP LANES.

## Lap Swim Etiquette and Circle Swimming

Circle Swim: Much like traffic on a road, always swim on the right side of the lane. This means swimming on one side of the lane going down and the other side of the lane coming back. **Swimmers move in a counterclockwise circle**, hence the name.

To avoid conflict and make everyone's experience more enjoyable, please adhere to the following Lap Swim Etiquette:

### Lane Designations

When the pool is busy, swim lanes will be shared.

Make note of lanes that contain fast, medium, and slow swimmers.

Lifeguards monitor the lanes and may alter the configuration at any time.

Select a lane compatible with your preferred swimming speed.

Lifeguards may assist you with selecting the appropriate lane or ask you to move if your speed is not similar to those in your lane.

### Entering the Water

Enter the water feet first from the shallow end.

It is the responsibility of the swimmer entering the water to make sure the lane is clear of any other swimmers.

If there are swimmers approaching the wall as you are preparing to enter, wait until they have turned and started the next lap before entering the water so as not to interrupt their progress.

### Circle Swimming

Swimmers are required to follow the circle swim pattern. The customary traffic pattern is to stay to the right; that is to swim in a counterclockwise circle in the lane (see diagram).

It is the responsibility of the swimmer entering the lane to be sure that all the other swimmers in that lane are aware of his/her presence and the necessary traffic pattern.

Always swim complete laps of the pool.

Avoid stopping in the middle of the lane, this can interfere with the progress of other swimmers and cause collisions.

Stop only at the wall and once stopped, stay in the corner of the lane, preferably in the left hand corner (from the perspective of the approach to the wall). Other lap swimmers need space to turn, always leave the middle 1/3 of the wall clear for turning purposes.

### Speed

Slower swimmers must yield to faster swimmers.

Be aware of your space in the lane and orientation of others. If you are approaching the wall and another lap swimmer is gaining on you and swimming at a faster rate than you are, pause at the wall to allow the faster swimmer(s) to pass you.

Be courteous of drafting. Provide adequate distance between you and the swimmer ahead of you.

### Passing

Pass on the left hand side. If you are the slower swimmer and being overtaken at the turn, stop, and wait until the other swimmer has pushed off the wall.

A pass must be initiated in time to over-take the slower swimmer before the wall.

When using kickboards, please be aware of other swimmers in your lane and their needs to pass.

