

West Forsyth Family YMCA Lap Lane Schedule Jun.-Aug. 2008

Times	MON	TUE	WED	THU	FRI	SAT	SUN
5:00a-7:00a	5 Lanes	5 LANES	5 LANES	5 LANES	5 LANES	██████	██████
7:00a-9:00a	2 LANES	4 LANES	2 LANES	4 LANES	2 LANES	3 LANES	██████
9:00a-2:00p	2 LANES	2 LANES	2 LANES	2 LANES	2 LANES	3 LANES	3 LANES at noon
2:00p-5:00p	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES
5:00p-7:00p	2 LANES	2 LANES	2 LANES	2 LANES	3 LANES	3 LANES	3 LANES
7:00p-9:00p	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	3 LANES	██████
9:00p-10:00p	4 LANES	4 LANES	4 LANES	4 LANES	4 LANES	██████	██████

Operating Hours:

Monday – Thursday 5:00 am-9:45 pm
Saturday 7:00 am-6:45 pm

Friday 5:00 am-8:45 pm
Sunday 12:00 – 6:45 pm

Lap and Exercise Guidelines:

- Circle Swimming is required during crowded and/or peak times
- Before entering lane, let other swimmer know you are entering and decide a swimming pattern
- Lane closures are marked with colored placards
- Starting Blocks are limited to YMCA staff supervised activities
- Return all equipment to proper storage area
- Be courteous to all facility users especially during crowded / peak times
- Pool will be **CLOSED** during imminent Thunder / Lightening storms. Exit the pool and deck promptly. An announcement to re-LANES the pool will be made once the storm has passed.
- All facility users are expected to follow the direction of the Aquatic Staff
- **Emergency Evacuation:**
 - When you hear three (3) whistle blasts; exit the pool and deck promptly-follow all directions of the Aquatics Staff immediately.





West Forsyth Family YMCA Recreation Schedule Jun.-Aug 2008

Time:	MON	TUE	WED	THU	FRI	SAT	SUN
5:00a-7:00a	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane	██████	██████
7:00a-9:00a	██████	1-2 Lanes	██████	1-2 Lanes	██████	3 Lanes	██████
9:00a-12:00p	██████	██████	██████	██████	██████	3 Lanes	██████
12:00p-2:00p	██████	██████	██████	██████	██████	3 Lanes	3 Lanes
2:00p-5:00p	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	3 Lanes	3 Lanes
5:00p-7:00p	██████	██████	██████	██████	██████	3 Lanes	3 Lanes
7:00p-10:00p	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	3 Lanes	██████

- Please return your toys and/or equipment to the proper storage area
- Fins are restricted to Lap Lane area only
- All Youth ages 14 and younger should be swim tested by Aquatic Staff (Refer to Posted Youth Swim Guidelines)
- Members and participants should follow all instructions from lifeguards, instructors and management staff