

LARGE POOL SCHEDULE EFFECTIVE JANUARY 3, 2022

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY						
6:00a	6:00-9:00a LAP SWIM 6 lanes				6:00-10:00a LAP SWIM 6 lanes		6:00-10:00a LAP SWIM 6 lanes		6:00-3:30p LAP SWIM 6 lanes		YMCA CLOSED		6:00a				
7:00a													7:00a				
8:00a											8:00a						
9:00a	🎵 AQUA ZUMBA 3 lanes (1-3)	LAP SWIM 3 lanes (4-6)	6:00a-3:30p LAP SWIM 6 lanes						6:00-3:30p LAP SWIM 6 lanes		9:00a-12:45p SWIM LESSONS (lane 1)	9:00a-12:45p LAP SWIM 5 lanes (2-6)	9:00a				
10:00a	10:00a-3:30p LAP SWIM 6 Lanes												🎵 TETHERED 3 lanes (1-3)	LAP SWIM 3 lanes (4-6)	🎵 GENTLE H2O 3 lanes (1-2)	LAP SWIM 3 lanes (2-6)	10:00a
11:00a											11:00a-3:30p LAP SWIM 6 Lanes				🎵 AQUA FIT! 3 lanes (1-3)	LAP SWIM 3 lanes (4-6)	11:00a
12:00p			12:00-3:30p LAP SWIM 6 Lanes				12:00-3:30p LAP SWIM 6 lanes		12:00p								
1:00p	POOL CLOSING AT 12:45p																1:00p
2:00p											YMCA CLOSED						
3:00p			3:30-6:00p SWIM LESSONS		3:30-6:00p FAMILY REC SWIM**		3:30-6:00p SWIM LESSONS										
3:30p	3:30-6:00p SWIM LESSONS								3:30-6:00p FAMILY REC SWIM**						3:30-6:00p SWIM LESSONS		
4:00p											6:00-6:30p LAP SWIM 6 Lanes		6:00-6:30p LAP SWIM 6 Lanes				6:00-6:30p LAP SWIM 6 Lanes
5:00p			6:30-7:45p MASTERS SWIM TEAM		6:30-7:45p BARRACUDAS SWIM TEAM		7:00-7:45p LAP SWIM 6 Lanes										
6:00p	7:00-7:45p LAP SWIM 6 Lanes																
6:30p											POOL CLOSING AT 7:45 pm						
7:00p																	
7:45p																	

*Lane assignments indicated in parentheses. Swimmers may be directed to specific lap lanes by the lifeguard based on ability to lap swim and pool availability.

**Family rec swim is by reservation only. Rec swim is perfect for family groups to get in the water together to practice and have fun. Reservations may be made at the Welcome Center.

***If you are not fully vaccinated against Covid-19, our policy is that you must make a reservation for an independent lap lane. Please see the Welcome Center for more information.

INDICATES POOL IS CLOSED FOR PROGRAMMING AND LAP SWIM IS NOT AVAILABLE

SMALL POOL SCHEDULE EFFECTIVE JANUARY 3, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	FAMILY SWIM* 9:00a-12:00p
10:00a						
11:00a						
12:00p						
1:00p						
2:00p						
3:00p	FAMILY SWIM* 3:00-4:00p	FAMILY SWIM* 3:00-4:00p	FAMILY SWIM* 3:00-4:00p	FAMILY SWIM* 3:00-6:00p	FAMILY SWIM* 3:00-6:00p	
4:00p	CLOSED FOR LESSONS	CLOSED FOR LESSONS	CLOSED FOR LESSONS			
5:00p	FAMILY SWIM* 5:00-6:00p		FAMILY SWIM* 5:00-6:00p			
6:00p	POOL CLOSING AT 6:00 pm					

*Family swim is by reservation only. Please see the Welcome Center for more information.

Age Requirements:

*All children under the age of 10 MUST have a parent or guardian accompany them at all times while in the pool; parent/guardian may remain on the pool deck if child is in a swim lesson or able to swim unaccompanied.

*Children between the ages of 10-12 MUST have a parent or guardian remain within the facility, but the parent does not need to remain on the pool deck.

*Children under 11 are not permitted to use the adult locker rooms under any circumstances. Please utilize the children’s locker rooms or the family changing room.

Red Swim Bands will be worn by all swimmers under the age of 7. Children must be accompanied by an adult in the pool and the adult must remain within arms’ reach of the child. There are no exceptions to this policy.

Yellow Swim Bands will be worn by all swimmers age 7-12 who have not passed the green band swim test. These swimmers may swim in the small pool alone or in the large pool when within arms’ reach of a parent.

Green Swim Bands will be worn by all swimmers under 12 who have passed the green band swim test. Criteria: Child will jump into the deep end and recover. Tread water for 1 minute with ears remaining above water. Swim 25 yards continuously, face in water, using either front crawl or breaststroke. Underwater swimming is not permitted. Swim tests may be taken no more than once per day. The swim test must be administered by a certified lifeguard.

Please visit www.ithacaymca.com for our full list of policies.

The Ithaca Y reserves the right to adjust or change this schedule as needed

Please be advised that occasionally events occur which force us to close one or both pools. The Ithaca YMCA does its best to notify all patrons of closures in these rare instances and reopens the pool(s) as quickly as possible.

YMCA of Ithaca and Tompkins County
50 Graham Road West ~ Ithaca, NY 14850 ~ (607) 257-0101