



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**Instructional/Therapy Pool Schedule Winter 2011-12**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5am</b>	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim		
<b>7am</b>						7:15-9AM Adult Open Swim	
<b>9am</b>	9-11:00am Programming	9-12noon Programming	9-11:00am Programming	9-12noon Programming	9-11:00am Programming	9-11am Programming	9:15-10:30 Open Swim
<b>10am</b>							
<b>11am</b>	11:00-12:00N Adult Open Swim		11:00-12:00N Adult Open Swim		11:00-12:00N Adult Open Swim	11-12N Family Swim	10:30-11:30 Adult Open Swim
<b>12n</b>	12:00-2:00pm GBPT	12:00-1PM Adult Open Swim	12N-1:00pm Open swim	12:00-1PM Adult Open Swim	12N-1:00pm Open swim	12:00-12:30PM Adult Swim	11:30-12:30 Family swim
<b>1pm</b>		1-3:30pm GBPT	1:30-2pm Family Swim	1-3:30pm GBPT	1:00-1:30 MMCDC	12:30 -1:30pm Rental	12:30 -1:30 Rental
<b>2pm</b>	Midcoast Hospital 2pm-3:30pm		Midcoast Hospital 2pm-3:30pm		1:30-2pm Family Swim	1:30-3:00pm Open Swim	1:30-2:30 Open Swim
<b>3pm</b>	3:30pm-5pm Programming	3:30-4pm Open Swim	3:30pm-5pm Programming	3:30-4pm Open Swim	3:30-4pm Open Swim	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Spa Schedule</b>  <b>Monday-Friday</b>  <b>5am-8pm</b>  <b>Saturday</b>  <b>7:15am-3:00pm</b>  <b>Sunday</b>  <b>9:15-2:30pm</b></p> </div>	
<b>4pm</b>		4pm-5pm Programming		4pm-5pm Programming	4:00-4:45 Y Childcare		
<b>5pm</b>	5:00-6pm Adult Swim	5:00-6pm Adult Swim	5-6pm Adult Swim	5:00-6pm Adult Swim	5:00-6pm Adult Swim		
<b>6pm</b>	6:00-7:00 Family Swim	6:00-7:00 Family Swim	6:00-7:00 Family Swim	6:00-7:00 Family Swim	6:00-7:00 Family Swim		
<b>7pm</b>	7-8:00PM Adult Swim	7-8:00PM Program	7-8:00PM Adult Swim	7-8:00PM Program	7-8:00PM Adult Swim		

**Basic Pool Rules**

1. Shoes are not allowed on the pool deck
2. Showers are required of all swimmers before entering either pool or the Hot tub/spa.\*
3. Personal flotation devices, floaties, water wings, swim rings.. are not permitted.
4. Children under three or those not yet potty trained are required to wear a swim diaper under a swimsuit
5. Hair longer than ear length must be restrained by either a swim cap or hair tie
6. Appropriate swimwear is required in all pools. Gym shorts, cutoffs, T-shirts, or ripped suits are not considered swimwear.
7. Always walk on the deck; Horseplay and rough-housing are not allowed in any area.
8. Children age 6 and under must be accompanied into the water by an adult.
9. Children under age 11 must have a parent in the facility while they are participating in Open swims and Splashes
10. Swim Tests are required of all new participants and members in order to swim in deep water.