



We build strong kids, strong families,
strong communities.

Effective December 1st to 31st

We will close early on December 24th and 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Pool Closed
Laps 5:45-8:45	Laps 5:45-8:45	Laps 5:45-8:45	Laps 5:45-8:45	Laps 5:45-8:45	Rec Swim 12:30-1:30 Lessons 8:30-12:30 Rec Swim 12:30-1:30 Lessons 1:30-3:30 Laps 3:30-4:30
Aqua Aerobics 9-10	Lessons	Aqua Aerobics 9-10		Aqua Aerobics 9-10	
		Lessons 10-12	Pool Closed	Lessons 10-11	
			Lessons 11:30-12:30		
Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
Lessons 3:30-5	Lessons 3:30-5	Lessons 3:30-5	Lessons 3:30-5	Lessons 3:30-5:30	
Laps 5-6	Laps 5-6	Laps 5-6	Laps 5-6	Laps 5:30-6:30	
Swim Team 6-8	Swim Team 6-8	Swim Team 6-8	Swim Team 6-8	Lessons 6:30-8	
				Laps 8-8:45	
Laps 8-9	Laps 8-9	Laps 8-9	Laps 8-9		

Please email aquatics@cambymca.org to be emailed new schedules.

Pool schedule is subject to change without notice.



Swimming Pool Regulations

1. Showers must be taken prior to entering the pool.
2. Bathing suits and bathing caps are required. No cut-offs or street clothes are allowed in the pool.
3. No swimming without a lifeguard on duty.
4. No running on the pool deck.
5. No diving.
6. No back jumps, back dives, or flips of any kind.
7. Bubbles are for swimmers only. They are to be used in the shallow end only.
8. All swimmers must use swim caps.
9. No band-aids or bandages may be worn in the pool.
10. No profanity or ill tempered behavior towards other members or YMCA staff.
11. No glass containers.
12. No food.
13. No shoes on desk

LAP SWIM POLICY

1. Limit of three swimmers per lane.
2. Swimming is counter clockwise. Up the right and down the left of the lane.
3. Individual time limit is 30 minutes.
4. If no one is waiting to use the pool, swimmers may stay in longer.
5. The Lifeguard may assist swimmers, to determine appropriate lane placement, and remind them of their time in the pool.
6. Individuals 13 years and under need to obtain the Aquatic Director's approval in order to participate in Lap Swim

RECREATIONAL SWIM POLICY

1. No Lap Swimming.
2. Pool can accommodate a maximum of 20 swimmers.
3. Children 6 years and under must be accompanied in the water by an adult.



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4. Children 13 years and under must be accompanied in the facility by an adult.
5. No diapers may be worn in the pool, unless they are designed for swimming.
6. Relax and enjoy!