

Indoor Pool Schedule

3/25/12-6/1/12

Winter Hours:

Mon-Thurs 5:15a-9:40 p

Fri 5:15-8:45 Sat 7:15a-5:45

Sun 8:15a-5:45



Indoor Pool Schedule

Torigian Family YMCA

259 Lynnfield St.

Peabody, MA 01960

978-977-9622

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Swim Parent/Child	12:00-1:00	10:00-3:00	10:00-3:00 7:30p-8:00p	10:00-3:00	10:00-3:00 7:30p-8:00p	10:00-3:00	
Adult Rec	8:15-10:30 am	5:15-9am	5:15-9am	5:15-9am	5:15-9am	5:15-9am	7:15-8:30 am
Adult Lap Swim	8:15-10:30 (4) 10:30-4:00 (1-2) 4:00-5:45 (2-3)	5:15-9:00AM (4) 9:00-12:30 (2) 12:30-4:00(4) 4:00-6:30 NO LAP 6:30-9:40 (2)	5:15-9:00AM (4) 9:00-12:30 (2) 12:30-4:00(4) 4:00-6:30 NO LAP 6:30-9:40 (2)	5:15-9:00AM (4) 9:00-12:30 (2) 12:30-4:00(4) 4:00-6:30 NO LAP 6:30-9:40 (2)	5:15-9:00AM (4) 9:00-12:30 (2) 12:30-4:00(4) 4:00-6:30 NO LAP 6:30-9:40 (2)	5:15-9:00AM (4) 9:00-12:30 (3) 12:30-4:00(4) 4:00-6:30 NO LAP 6:30-8:45 (2-3)	7:15-8:30 (2) 8:30-12:30 (1) 12:30-5:45 (1-2)
Swim Lessons (see brochure)	10:00-1:00	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	10:00-12:30 4:00-6:30	8:30-12:30
Swim Team		4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	4:00-6:30	
Open Rec. Swim	1:00-5:45 (3)	3:00-4:00(3) 4:00-6:15 (1-2)	3:00-4:00(3) 4:00-6:15 (1-2)	3:00-4:00(3) 4:00-6:15 (1-2)	3:00-4:00(3) 4:00-6:15 (1-2)	3:00-4:00(3) 4:00-6:30(1) 6:30-8:00(4)	1:00-5:45 (3)
Water Fitness (adult only activity)		8:30-9:00AM 9:00-10:00 AM 6:30-7:15 PM 7:15-8:00 PM	9:00-10:00 AM 6:30-7:15 PM	8:30-9:00AM 9:00-10:00 AM 6:30-7:15 PM 7:15-8:00p	9:00-10:00 AM 6:30-7:15 PM	8:30-9:00AM 9:00-10:00 AM	
Pool Rentals	1:00-4:00 by Reservation						1:00-4:00 by Reservation

Definition of Swims:

Family Swim/ Parent & Child Swim: Children under 14 must be accompanied with a parent or adult care giver in the water with them.

PARENTS CANNOT BE SITTING ON POOL EDGE FOR THIS SWIM.

Adult Lap Swim: Lanes designated for individuals over the age of 14 who wish to swim in continuous lengths of the pool

Adult Rec Swim: For individuals over the age of 14 who wish to swim but may not want to swim continuously.

Open Rec Swim: For individuals of all ages. An adult must be in the water with all non-swimmers and/or children under the age of six.

Pool Etiquette:

Shower and tie hair back before entering the pool.

Children not toilet trained must wear a swim diaper.

Non-swimmers and children under 6 must be accompanied by an adult in the water.

Patrons must follow lifeguard instructions

Swimmers may be asked to take a swim test consisting of 25 yards

Proper swimsuits must be worn at all times.