



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530 600 630 700 730	4 Lanes 530- 8 AM	4 Lanes 530- 8 AM	4 Lanes 530- 8AM	4 Lanes 530- 8 AM	4 Lanes 530- 8 AM	4 Lanes 6- 8 AM	
800 830	1 Lane 8-9  *Tri Swim- no lanes 9-1030AM*	2 Lanes 8-10AM	1 Lanes 8-10 AM	2 Lanes 8-10 AM	*School Group & Water Fit*  1 Lane 8-9AM	2 Lanes 8-9 AM	*Pool Closed For Masters Swim* 8-930AM
900 930	*Swim Lessons* 1 Lane 10:30AM-12PM		1 Lane 10-11AM	*School Group & Water Fit* No Lanes 10AM-12PM		*Pool Closed for Swim Lessons*  9AM-12PM	
1000 1030		2 Lanes 10AM-12PM	*Swim Lessons* 1 Lane 11AM-1230PM	**Training group in pool**  2 lanes open 1-230PM	4 Lanes 9:30AM-1130AM		
1100 1130	2 Lanes 12-1PM  3 Lanes 1-4:30PM	3 lanes 12PM-4PM	2 Lanes 1230-3PM			2 Lanes 9AM- 12PM	3 Lanes 12-2PM
1200 1230		2 Lanes 12-1PM	*Electric Eels Swim Team*  1 Lane 430-530PM	2 Lanes 3-430PM	3 Lanes 230-4 PM	3 Lanes 12-2PM	
100 130 200 230	3 Lanes 1-4:30PM	*Pool Closed for Swim Lessons*  430-8PM		*Pool Closed for Swim Lessons*  4-630PM			*Pool Closed for Swim Lessons*  4PM-630PM
300 330	*Pool Closed for Swim Lessons* 430-8PM	*Pool Closed for Electric Eels Swim Team* 530-7 PM	*Pool Closed for Swim Lessons*  430-8PM	3 Lanes 230-4 PM	*Pool Closed for Swim Lessons*  4PM-630PM	3 Lanes 2-530PM	Tri Swim: 1 Lane 230-430 PM
400 430 500							
530 600 630	3 lanes 8-830PM	2 Lanes 7-830PM	3 Lanes 8-830PM	*Pool Closed for Electric Eels Swim Team* 630-8 PM	*Pool Closed for Electric Eels Swim Team* 630-8 PM	<p><b><u>YMCA Aquatics staff and Lifeguards have authority over the use of all lanes at all times. For your safety and the safety of others, please follow directions of lifeguards and aquatic staff at all times and help us ensure a kind, caring and respectful community for all!</u></b></p> <p>Please Note: Snow days, vacation camp, private lessons, birthday parties, and family swim may occasionally reduce lap lane space.</p> <p>Questions? 315-451-2562 EXT 238</p> <p>Revised 1/3/2019</p> <p>4775 Wetzel Road, Liverpool NY 13090</p>	
700 730 800		3 Lanes 8-830PM	*Pool Closed For Masters Swim* 830-930PM	3 Lanes 800-930PM			
830 900	*Pool Closed For Masters Swim* 830-930PM	3 Lanes 8-930PM	*Pool Closed For Masters Swim* 830-930PM	3 Lanes 800-930PM	4 Lanes 8-930 PM		
930 1000							

**Caring:** For everyone’s safety, we request that upon entering an occupied lane; please make sure other swimmers are aware that you will be sharing the space.  
**Honesty:** Choose the lane with swimmers that best fit your swimming ability and speed before entering the water. **Respect:** Be patient and respectful of others.  
**Responsibility:** Circle swim (counter clockwise) when there are more than two swimmers per lane.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
530 600 630 700 730	Shallow and deep open 530-8 AM	Shallow and deep open 530-8 AM	Shallow and deep open 530-8 AM	Shallow and deep open 530-8 AM	Shallow and deep open 530-8 AM	Shallow and deep open 6-8 AM	
800 830	Deep end open 8-9 AM	Deep end Open 8-9 AM	Deep End open 8-9 AM	Deep end Open 8-9AM	Deep end open 8-9 AM	Shallow end open 8-9 AM	*Pool Closed For Masters Swim* 8-930AM
900 930 1000 1030	*Water Fit No open swim* 9-11AM	*Water Fit No open swim* 9-10AM	*Water Fit No open swim* 9-10AM	*Water Fit No open swim* 9-10AM	*School Group In Pool* No Open Swim 10AM-11AM	*Pool Closed for Swim Lessons*  9AM-12PM	
1100 1130		Deep end Open 11AM-12PM	Shallow and Deep open 10-11AM	Shallow and Deep open 10-11AM	*School Group In Pool* No Open Swim 10AM-12PM	Deep End open 11AM-12PM	Shallow and Deep open 930AM-430PM  *Birthday parties and other events may reduce open swim space during this time.
1200 1230	Deep end Open 11AM-12PM		Deep end Open 11AM-12PM	Shallow and Deep end open 12-1230PM	Deep and Deep End Open  12-1PM	Shallow and Deep end open 12-4PM	
100 130 200 230 300 330	Shallow and Deep end open 12-430PM	Shallow and Deep end open 12-4PM	*Homeschool Swim- no open swim*  1230-3PM	**Training group in pool** No open Swim 1-230PM	Shallow and Deep end open 230-4PM	Shallow and Deep End open 12PM-530PM	
400 430 500		Shallow and Deep open 4-530PM	Shallow and Deep End Open  3-430PM	*Pool Closed for Swim Lessons*  4-630PM			
530 600 630	*Pool Closed for Swim Lessons* 430-8PM	*Pool Closed for Electric Eels Swim Team* 530-7 PM	*Pool Closed for Swim Lessons* 430-8PM	*Pool Closed for Electric Eels Swim Team* 630-8 PM	*Pool Closed for Electric Eels Swim Team* 630-8 PM	*On School Days off for the central square and north Syracuse school districts, vacation camp will have use of the shallow and deep open area	
700 730 800		Shallow end open 8-830 PM	Shallow end open 7-830PM				
830 900	*Pool Closed For Masters Swim* 830-930PM	Shallow and Deep open 830-930PM	*Pool Closed For Masters Swim* 830-930PM	Shallow and Deep end open 8-930PM	Shallow and Deep end open 8-930PM	To Ensure safety at all times, lifeguards and YMCA staff may coordinate swimmers and lane usage. This can include relocating pool users.  Questions? 315-451-2562 EXT 238  Revised 1/3/19	4775 Wetzel Road, Liverpool NY 13090
930 1000							

Get with the Band! Every child (age 0 to 17) in our pool must wear one of three colored wrist bands. The bands give our lifeguards instant information on each child's swimming ability, helping us keep them safe and in the most appropriate swimming areas. Stop at Member services on your way in to get your band!

Need to take a swim test? Grab a swim test card at member services and give it to the lifeguard on Duty. They will be happy to administer the swim test and give your child the appropriate swim band.