



# POOL SCHEDULE

Wang YMCA of Chinatown  
8 Oak Street West  
Boston, MA 02116  
617-426-2237

EFFECTIVE July 16, 2008

| Monday                                       | Tuesday  | Wednesday                                    | Thursday   | Friday                                       | Saturday   | Sunday   |
|--|--|--|--|--|--|--|
| 5:45 - 8:45<br>Lap 4L                        | 5:45 - 8:00<br>Lap 4L                                | 5:45 - 8:45<br>Lap 4L                        | 5:45 - 8:00<br>Lap 4L                                | 5:45 - 8:45<br>Lap 4L                        | 7:00 - 9:00<br>Lap 4L  |  |
| 8:45 - 9:30<br>Lap 2L<br>Family Swim 2L      | 8:00 - 9:30<br>Lap 2L<br>Easy Swim 2L                | 8:45 - 9:30<br>Lap 2L<br>Lessons 2L          | 8:00 - 9:30<br>Lap 2L<br>Easy Swim 2L                | 8:45 - 9:30<br>Lap 2L<br>Family Swim 2L      |  |  |
| 9:30 - 10:30<br>Senior Aquacise 3L<br>Lap 1L | 9:30 - 11:00<br>Family Swim 2L<br>Lap 2L             | 9:30 - 10:30<br>Senior Aquacise 3L<br>Lap 1L | 9:30 - 10:30<br>Family Swim 2L<br>Lap 2L             | 9:30 - 10:30<br>Senior Aquacise 3L<br>Lap 1L | 9:00 - 12:30<br>Lessons<br>*****<br>Swimming<br>Lessons only<br>The pool is closed<br>Saturdays 9 - 12:30.<br>For any other<br>swimming<br>***** | 9:00 - 12:00<br>Lap 4L*  |
| 10:30 - 11:45<br>Lessons 2L<br>Lap 2L        | 11:00 - 12:30<br>Lessons 2L<br>Lap 2L                | 10:30 - 11:45<br>Lessons 2L<br>Lap 2L        | 10:30 - 12:15<br>Lessons 2L<br>Lap 2L                | 10:30-12:00<br>Lessons 2L<br>Lap 2L          |  | *9:30-10:30<br>Water Exercise 2L<br><br>*2L during Water<br>Exercise time, |
| 11:45-1:30<br>Lap 4L                         | 12:30-1:30<br>Lap 4L                                 | 11:45 - 1:30<br>Lap 2L<br>Easy Swim 2L       | 12:15-1:30<br>Lap 4L                                 | 12:00-1:30<br>Lap 4L                         | 12:30-1:00<br>Lessons 2L<br>Lap 2L   | 12:00 - 4:00<br>Recreation 3L<br>Lap 2L                                    |
| 1:30-3:30<br>Camp 2L<br>Lap 2L               | 1:30-3:30<br>Camp 2L<br>Lap 2L                       | 1:30-3:30<br>Camp 2L<br>Lap 2L               | 1:30-3:30<br>Camp 2L<br>Lap 2L                       | 1:30-3:30<br>Camp 2L<br>Lap 2L               | 1:00-4:00<br>Recreation 3L<br>Lap 2L   |  |
| 3:30 - 5:00<br>Lesson 3L<br>Lap 1L           | 3:30 - 5:00<br>Lessons 3L<br>Lap 1L                  | 3:30 - 5:00<br>Lessons 3L<br>Lap 1L          | 3:30 - 5:00<br>Lessons 3L<br>Lap 1L                  | 3:30 - 5:00<br>Recreation 3L<br>Lap 2L       | 4:00 - 5:00<br>Lap 2L<br>Family 3L   | 4:00 - 4:45<br>Lap 2L  |
| 5:00 - 6:00<br>Lap 4L                        | 5:00 - 6:00<br>Lap 4L                                | 5:00 - 6:00<br>Lap 4L                        | 5:00 - 6:00<br>Lap 4L                                | 5:00 - 6:30<br>Lap 4L                        | 5:00-6:00<br>Rental 3L<br>Lap 2L   |  |
| 6:00 - 7:30<br>Lessons 3L<br>Lap 1L          | 6:00 - 6:45<br>Lap 2L<br>AquaKickBoxing 2L           | 6:00 - 7:30<br>Lessons 3L<br>Lap 1L          | 6:00 - 6:45<br>Lap 2L<br>Water Exercise 2L           |  | 6:00-6:45<br>Lap 4L  |  |
| 7:30 - 8:15<br>Family Swim 2L<br>Lap 2L      | 6:45-7:45<br>Master's Club 2L<br>Lap 1L<br>Family 2L | 7:30 - 8:15<br>Family Swim 2L<br>Lap 2L      | 6:45-7:45<br>Master's Club 2L<br>Lap 1L<br>Family 2L | 6:30 - 9:00<br>Lap 2L                        |  |  |
| 8:15 - 9:00<br>Lap 4L                        | 7:45 - 9:00<br>Lap 4L                                | 8:15 - 9:00<br>Lap 4L                        | 7:45 - 9:00<br>Lap 4L                                |  |  |  |

\*The YMCA reserves the right to change or modify this schedule at any time.\*

\*Bathing Caps must be worn by all swimmers with hair.\*

\*Children 7 years of age or younger must be accompanied in the pool by and Parent/Adult Guardian at all times.\*

\*One (1) Lane, all day, is reserved for DoubleTree Hotel Guests, be aware any member may be asked to move at any time to accommodate the agreement with the Wang YMCA of Chinatown and the DoubleTree Hotel.\*

No lane is available from 9-12:30 on Saturdays

\*The Lifeguard is always in charge of the pool. The Lifeguard's responsibility is to prevent accidents and to respond in an emergency. Any concerns about rules and regulations and the enforcement of them should be directed to the Aquatic Director.\*

## Pool Rules and Regulations

1. Massachusetts State law requires that all persons take a shower before entering the pool.
2. Bathing caps are required for all swimmers regardless of hair length.
3. Street shoes are not allowed on the pool deck.
4. Please walk on the pool deck at all times.
5. Food, beverages and glass containers are not allowed in the pool area, on the deck or in the locker rooms.
6. Horseplay in and around the pool and locker rooms is not permitted.
7. Diving is allowed in the deep end of the pool only.
8. Swimmers using floatation devices may swim in the shallow end only.
9. Hanging on lane lines is not permitted.
10. Flips, back dives and twists are not permitted.
11. Pool equipment may be used only with the permission of the lifeguard.
12. T-shirts (White only) may be worn in the shallow end of the pool only.
13. All age and swim categories are strictly enforced.
14. All youth swimmers (13 and under) must take a deep water test consisting of a 25-yard swim before swimming in the deep end.
15. All children 7 years and under must be accompanied in the water by a parent/guardian who is at least 18 years old at all times.
16. You must be 18 years of age to use the spa.

## Program Descriptions

**Lap:** Ages 13 and over. The pool is divided into lanes with lane lines. Two swimmers in a lane will swim side by side. When two or more swimmers are in a lane, swimmers should circle swim. Slower swimmers should use outer lanes, while faster swimmers should use the lanes toward the center. Younger swimmers wishing to do laps may do so if: they have adult supervision and the lap lanes are not too busy, ask the Lifeguard for permission.

**Easy Swim:** For Adults; This space is reserved for those individuals not lap swimming but would like some time to relax in the water, ideal for practicing swim skills or water therapy.

**Recreation:** For all. Any swimmer 7 years of age or younger must have an Adult in the water with them at all times. Adults, Youth (12 and under) and Teens (13-18). The pool is divided with a buoy line designating the deep and shallow ends. Any swimmer wishing to use the deep end must pass a deep-end test, see the lifeguard on duty.

**Family:** For families with children being supervised by their parents/guardians.

**Water Exercise:** Low impact exercise using water resistance. No additional fee for members.

**Doubletree:** For guests of the Doubletree Hotel.

**Rental:** For a group who has rented the pool for an event, such as a birthday party.

**Lessons:** see Member Service Desk for latest class information.