



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL HOURS —LAWTON FAMILY YMCA

OPEN SWIM & LAP SWIM

Open/Lap Swim Pool 1 Schedule

Mon-Thurs 11am-12:15pm & 5:30pm-7:00pm (Lap Swim ONLY)

Friday 11am-12:15pm (Lap Swim ONLY)

Saturday 11:30am-12:30pm (Lap Swim ONLY)

Sunday CLOSED

**Mandatory pool safety
break Mon, Wed,
& Fri at 8:00am-
8:15am**

Open/Lap Swim Pool 2 Schedule

Mon, Wed, & Fri 7:00am- 11:00am (Open & Lap Swim)

Mon-Thurs (evening) 4 pm-7:30pm (Open & Lap Swim)

Tues & Thurs 9:00am-11:00am (Open & Lap Swim)

Fri (evening) 3:30pm-6:30pm (Open & Lap Swim)

Saturday 9:00am-3:00pm (Open & Lap Swim)

Did you know we offer swim
lessons for all ages and a year-
round competitive swim team?
See the Welcome desk for more
information!

What is Open Swim?

Open swim is a scheduled time for members and guests to utilize the open areas in the pool for recreational swim and family time. Certain areas may be closed off due to other activities taking place.

What is Lap Swim?

Lap Swim is a schedule time for members and guests to get a great workout swimming lengths of the pool. Lap swimmers have precedence over water walkers when a water exercise class is not in session.

How many Lap Lanes are available?

Typically one lap lane is available in each pool. The number of lanes is subject to change depending on swimming lessons, water exercise and various other aquatic activities.



If you have any additional questions please contact the Lawton Family YMCA membership desk



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFE POOLS HAVE RULES

SWIM SAFELY

- YMCA lifeguards may test the swimming competency of any swimmer.
- No diving, enter the water facing forward.
- Any swimmer under the age of 18 who wants to swim in the deep end of Pool 1 must pass a swim test.
- Pool 2 does not have a swim test.
- Breath holding activities are not permitted in Y pools.
- The lifeguard's word is final.

WATCH YOUR KIDS

- Children (age 4 and under) must be accompanied by an adult (age 18 or over) in the water and within arms reach.
- Children (age 5 to 8) may use the entire pool, but must be supervised by an adult in the pool area.
- Children (9-13) must have a parent in the building
- Children (14+) can be dropped off to utilize the pool

PLAY SAFELY

- No running or rough play is permitted in the pool, on the runways, on diving boards, on floats, on platforms, in dressing rooms, or in showers.
- YMCA equipment and starting blocks are reserved for YMCA programs only
- Flotation devices must be U.S. Coast Guard approved. No Inflatables.

RESPECT OTHERS

- Anyone who has an area of exposed subepidermal tissue, open blisters, cuts, etc., is advised not to use the pool.
- All persons shall take a cleansing shower before using the pool. A bather leaving the pool to use the toilet shall take another cleansing shower before returning to the pool enclosure.
- Proper swim attire must be worn at all times.
- No food, gum, candy or glass bottles permitted.
- Anyone who has or has had diarrhea in the past two (2) weeks shall not use the pool.
- Spitting, spouting of water, blowing the nose, and similar behavior in the pool is prohibited.
- Street clothes are not allowed in the pool.

