



Central Maine

# YWCA Swim Schedule

November 10–December 13, 2020

\*All times are subject to change without notice\*

Please call ahead to reserve your lane

YWCA of Central Maine  
 130 East Ave  
 Lewiston, ME 04240  
 207-795-4050

[www.ywcamaine.org](http://www.ywcamaine.org)

Facebook [www.facebook.com/YWCAMaine](https://www.facebook.com/YWCAMaine)

<p>Prices are available at            Customer Service or you            can go to our website:  <a href="http://www.ywcamaine.org">www.ywcamaine.org</a></p>	<p><b>Adult Swim</b></p> <p>6 lanes available for lap swim</p> <p>One person per lane, physical distance            required.</p>	<p><b>Lap Swim</b></p> <p>6 lanes available for Lap swim</p> <p>Must be able to swim continuous laps.            For all ages.</p> <p>One person per lane, physical distance            required.</p>	<p><b>Women's Swim</b></p> <p>For women of all ages.</p> <p>6 lanes available for lap swim</p> <p>One person per lane, physical distance            required.</p>
Monday	5:00-6:00am 6:30-7:30am 12:30-1:30pm	2:30-3:30pm	11:00-12:00pm
Tuesday	5:00-6:00am 6:30-7:30am 12:00-1:00pm	2:30-3:30pm 6:00-7:00pm	NA
Wednesday	5:00-6:00am 6:30-7:30am	2:30-3:30pm 6:00-7:00pm	11:00-12:00pm
Thursday	5:00-6:00am 6:30-7:30am	11:30-12:30pm 2:30-3:30pm 5:30-6:30pm 6:30-7:30pm	NA
Friday	5:00-6:00am 6:30-7:30am 12:00-1:00pm	2:30-3:30pm 4:00-5:00pm 5:30-6:30pm 6:30-7:30pm	1:00-2:00pm
Saturday	NA	7:00-8:00am	NA

## Descriptions of Swims

**Adult Lane Swim:** 6 lanes available for lap swimming-must swim continuous laps. Two people per lane, physical distance required.

**Women's Swim:** For women of all ages. Only lane swimming at this time. Two people per lane, physical distance required.

**Lap Swim:** Only one person per lane. Lane swimmers must be able to swim continuous laps. Two people per lane, physical distance required. Two people per lane, physical distance required. For all ages.

**Family Swim:** Not Available at this time.

**Magic Y-World:** Not Available at this time.

The YWCA may change the swim schedule for any unforeseen reasons or close the pool at times for the safety of the swimmers. We apologize for any inconvenience this may cause. The YWCA Aquatic Department will offer special pool schedules on some school vacations and holidays.

### **HAZARDOUS WEATHER POLICIES:**

During inclement weather the YWCA of Central Maine will post late opening, early closings and closing statements on local TV channels 6, 8, 13 and Facebook (YWCA Central Maine).

## **Open Swim & Locker Room Age Requirements**

**Ages 7 & under:** Parent must go into the water with child.

**Ages under 18:** One Parent must stay in the building. Child may go into pool alone only if able to swim without flotation. Child must use companion locker room or gender appropriate locker room.

### **Hours of Operation**

Monday	5:00am –7:00pm
Tuesday	5:00am –7:30pm
Wednesday	5:00am –7:30pm
Thursday	5:00am –6:30pm
Friday	5:00am –6:30pm
Saturday	7:00am –11:30am
Sunday	CLOSED