



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY HEALTHY SWIM STRONG

Single Lane Lap Swim BY RESERVATION ONLY

OLD TOWN - ORONO YMCA

Lap Swim times and lanes will be reserved on a first come, first serve basis. No more than six swimmers will be scheduled for each time. Participants are limited to a single 45 minute session per day and may register up to one week in advance. If you have registered but can no longer swim at that time, please call the Front Desk immediately to cancel.

Please register for Lap Swim by calling the Front Desk between 7:00 AM and 5:30 PM, Monday - Friday.

Please contact us at aquatics@otoymca.org with any non-scheduling questions or concerns.

BEGINNING MONDAY, JUNE 15TH

TUESDAY	WEDNESDAY	THURSDAY
8:00 AM-8:45 AM		
9:00 AM - 9:45 AM		
10:00AM - 10:45AM	10:00AM - 10:45AM	10:00AM - 10:45AM
		1:00 PM - 1:45 PM
2:00 PM - 2:45 PM		2:00 PM - 2:45 PM
3:00 PM - 3:45 PM		
4:00 PM - 4:45 PM		

WHAT TO EXPECT DURING PHASE ONE

ARRIVAL AND DEPARTURE: All participants must enter through Field House doors and will be subject to health screenings upon entry. During their first visit, all participants will be required to sign new Waivers and review the updated Old Town - Orono YMCA Member Handbook. All participants will exit through the doors at the far end of the Field House. Participants will be required to arrive and leave in their suits as there will be no access to locker rooms. Participants may enter the building no earlier than 5 minutes prior to the start of their reserved lap swim times and must exit no later than 10 minutes after the end of their reserved times. All participants will enter the pool area and by way of the hallway and patio area. All participants will exit the pool area by way of the lifeguard office.

DURING LAP SWIM: Bathrooms will be available for emergencies only. There is no water fountain available in the pool area. Only one participant will be allowed in each lane. Participants in odd numbered lanes will be required to enter the pool, exit the pool, and stop for breaks in the deep end only. Participants in even numbered lanes will be required to enter the pool, exit the pool, and stop for breaks in the shallow end only. Lane 6 is the only lane with access to the ramp. Lane 1 is the only lane with access to the deep end ladder. Participants in Lanes 2 - 4 will be required to enter and exit the pool from the ends of their lanes, without using the ladder or ramp. All traffic on the pool deck will be clockwise and one way (enter via the patio and proceed to the shallow end along the far wall).

EQUIPMENT USE: Equipment use will be restricted during lap swim times and may not always be available. Any participant who wishes to use equipment must proceed to the shallow end of the pool and request it from the lifeguard. After use, equipment must be returned to the be returned to the Cleaning Bin located to the left of the whiteboard in the shallow end of the pool.

OLD TOWN - ORONO YMCA
472 Stillwater Avenue
Old Town, ME 04468
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STAY CONNECTED!

