



# Pool Schedule

The Woodlands Family YMCA at Shadowbend Lap Swim

Fall/Winter 2018 • Effective September 4

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SAFE POOLS HAVE RULES

- Shower before you enter.
- If children are wearing diapers, they must use swim diapers and plastic bottoms over the diaper as required by Texas State Health Department. Do not change diapers on the pool deck.
- Children under the age of 6, must have a caregiver of at least 16 years old within arms distance at all times
- Children, under the age of 10, must have a parent or caregiver of at least 16 years old on the pool deck with them at all times.
- Children, under the age of 16, who wish to swim in depths exceeding their height must pass a swim test.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00 am-5:30 am</b> Lap Swim (6)	<b>5:00 am-5:30 am</b> Lap Swim (6)	<b>5:00 am-5:30 am</b> Lap Swim (6)	<b>5:00 am-5:30 am</b> Lap Swim (6)	<b>5:00 am-5:30 am</b> Lap Swim (6)	<b>5:00 am-5:30 am</b> Lap Swim (6)		
<b>5:30 am-6:30 am</b> Masters Swim (4) Lap Swim (2)	<b>5:30 am-6:30 am</b> Masters Swim (4) Lap Swim (2)	<b>5:30 am-6:30 am</b> Masters Swim (4) Lap Swim (2)	<b>5:30 am-6:30 am</b> Masters Swim (4) Lap Swim (2)	<b>5:30 am-6:30 am</b> Masters Swim (4) Lap Swim (2)	<b>5:30 am-6:30 am</b> Masters Swim (4) Lap Swim (2)		
<b>6:30 am-8:30 am</b> Lap Swim (6)	<b>6:30 am-7:30 am</b> Lap Swim (6)	<b>6:30 am-8:30 am</b> Lap Swim (6)	<b>6:30 am-7:30 am</b> Lap Swim (6)	<b>6:30 am-7:30 am</b> Lap Swim (6)	<b>6:30 am-8:30 am</b> Lap Swim (6)	<b>7 am-8 am</b> Lap Swim (6)	
<b>8:30 am-9:15 am</b> Deep H2O Aerobics Lap Swim (3)	<b>7:30 am-8:30 am</b> Senior Watercize Lap Swim (2)	<b>8:30 am-9:15 am</b> Deep H2O Aerobics Lap Swim (2)	<b>7:30 am-8:30 am</b> Senior Watercize Lap Swim (2)	<b>7:30 am-8:30 am</b> Senior Watercize Lap Swim (2)	<b>8:30 am-9:15 am</b> Deep H2O Aerobics Lap Swim (3)	<b>8 am-9 am</b> Water Aerobics Lap Swim (3)	
<b>9:15 am-11 am</b> Lap Swim (6)	<b>8:30 am-9:30 am</b> Deep H2O Aerobics Lap Swim (3)	<b>9:15 am-11 am</b> Lap Swim (6)	<b>8:30 am-9:30 am</b> Deep H2O Aerobics Lap Swim (2)	<b>9:15 am-11 am</b> Lap Swim (6)	<b>9:15 am-11 am</b> Lap Swim (6)	<b>9 am-10 am</b> Pre- Swim Team (2) Lap Swim (4)	
<b>11 am-12 pm</b> Masters Swim (4) Lap Swim (2)	<b>9:30 am-1 pm</b> Lap Swim (6)	<b>11 am-12 pm</b> Masters Swim (4) Lap Swim (2)	<b>9:30 am-11 am</b> Lap Swim (6)	<b>11 am-12 pm</b> Masters Swim (4) Lap Swim (2)	<b>11 am-12 pm</b> Masters Swim (4) Lap Swim (2)	<b>10 am-1 pm</b> Lap Swim (6)	
<b>12 pm-1 pm</b> Lap Swim (6)		<b>12 pm-1 pm</b> Lap Swim (6)	<b>11 am-12 pm</b> Masters Swim (4) Lap Swim (2)	<b>12 pm-1 pm</b> Lap Swim (6)	<b>12 pm-1 pm</b> Lap Swim (6)	<b>1 pm-3 pm</b> Walking (1) Lap Swim (5)	
<b>1 pm-3 pm</b> Walking (1) Lap Swim (5)	<b>1 pm-3 pm</b> Walking (1) Lap Swim (5)	<b>1 pm-3 pm</b> Walking (1) Lap Swim (5)	<b>12 pm-1 pm</b> Lap Swim (6)	<b>1 pm-3 pm</b> Walking (1) Lap Swim (5)	<b>1 pm-3 pm</b> Walking (1) Lap Swim (5)	<b>3 pm-5 pm</b> Lap Swim (6)	
<b>3 pm-4pm</b> Lap Swim (6)	<b>3 pm-4pm</b> Lap Swim (6)	<b>3 pm-4pm</b> Lap Swim (6)	<b>3 pm-4pm</b> Lap Swim (6)	<b>3 pm-4pm</b> Lap Swim (6)	<b>3 pm-4pm</b> Lap Swim (6)		<b>1 pm-6 pm</b> Lap Swim (6)
<b>4 pm-8 pm</b> Swim Team (4) Lap Swim (2)	<b>4 pm-8 pm</b> Swim Team (4) Lap Swim (2)	<b>4 pm-8:00pm</b> Swim Team (4) Lap Swim (2)	<b>4 pm-8 pm</b> Swim Team (4) Lap Swim (2)	<b>4 pm-8 pm</b> Swim Team (4) Lap Swim (2)	<b>4 pm-8:pm</b> Swim Team (4) Lap Swim (2)		
<b>8 pm-9 pm</b> Lap Swim (6)	<b>8 pm-9 pm</b> Lap Swim (6)	<b>8 pm-9 pm</b> Lap Swim (6)	<b>8 pm-9 pm</b> Lap Swim (6)	<b>8 pm-9 pm</b> Lap Swim (6)			

Legend

(#) Number of Lap lanes available  
\*\*\* Makeup Swim Lessons

Updated 8-23-2018



# Pool Schedule

## The Woodlands Family YMCA at Shadowbend Recreational Swim

Fall/Winter 2018 • Effective September 4.

### SAFE POOLS HAVE RULES

- Shower before you enter.
- If children are wearing diapers, they must use swim diapers and plastic bottoms over the diaper as required by Texas State Health Department. Do not change diapers on the pool deck.
- Children under the age of 6, must have a caregiver of at least 16 years old within arms distance at all times
- Children, under the age of 10, must have a parent or caregiver of at least 16 years old on the pool deck with them at all times.
- Children, under the age of 16, who wish to swim in depths exceeding their height must pass a swim test.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am–8:30 am Open Recreational Swim	5:00 am–8:30 am Open Recreational Swim	5:00 am–8:30 am Open Recreational Swim	5:00 am–8:30 am Open Recreational Swim	5:00 am–8:30 am Open Recreational Swim	7:00 am–5:00 pm Open Recreational Swim	
8:45 am–12:30pm Swim lessons	8:45 am–12:30pm Swim lessons	8:45 am–12:30pm Swim lessons	8:45 am–12:30pm Swim lessons	8:45 am–12:30pm Open Recreational Swim***		
Open Recreational Swim	Open Recreational Swim	Open Recreational Swim	Open Recreational Swim	12:30 pm–4:00pm Open Recreational Swim		
12:30 pm–4:00pm Open Recreational Swim	12:30 pm–4:00pm Open Recreational Swim	12:30 pm–4:00pm Open Recreational Swim	12:30 pm–4:00pm Open Recreational Swim	4 pm–7:30pm Open Recreational Swim***		1:00 pm–6:00 pm Open Recreational Swim
4:25pm–7:30pm <b>No Recreational Swim</b>	4:25pm–7:30pm <b>No Recreational Swim</b>	4:25pm–7:30pm <b>No Recreational Swim</b>	4:25pm–7:30pm <b>No Recreational Swim</b>	7:30 pm–8:00 pm Open Recreational Swim***		
Swim lessons	Swim lessons	Swim lessons	Swim lessons			
7:30 pm–9:00 pm Open Recreational Swim	7:30 pm–9:00 pm Open Recreational Swim	7:30 pm–9:00 pm Open Recreational Swim	7:30 pm–9:00 pm Open Recreational Swim			

**Legend :** \*\*\* Makeup Swim Lessons: If make up swim lessons are running then there is no recreational swim permitted. Schedule may be subject to change

### Swim Lesson Sessions

#### Monday/Wednesday

Sept. 5—26  
Oct. 1—24  
Oct. 29—Nov. 14  
Jan. 7—30  
Feb. 4—27

#### Tuesday/Thursday

Sept 4—27  
Oct. 2—25  
Oct. 30—Nov. 15  
Jan. 8—31  
Feb. 5—28

### For more information:

Call 281-367-9622  
Cristina Lucero, Aquatics Director  
Cristina.Lucero@ymcahouston.org

### The Woodlands Family YMCA at Shadowbend

6145 Shadowbend Place, The Woodlands 77381  
281-367-9622  
ymcahouston.org/smc-shadowbend

### Shadowbend Pool Hours

Mon–Thurs: 5:00 am – 9:00 pm  
Friday: 5:00 am – 8:00 pm  
Saturday: 7:00 am – 5:00 pm  
Sunday: 1:00 pm – 6:00 pm



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411