



# PRINCETON FAMILY YMCA SPRING 2017 POOL HOURS

Effective April 1-June 18, 2017

## Welcome Desk & Physical Facility - Fitzpatrick Wellness Center

Monday - Friday: 5:30am - 10:30pm  
 Saturday: 7:00am-8:00pm  
 Sunday: 9:00am - 8:00pm

### Family Swim (All Ages)

Monday / Wednesday	Tuesday / Thursday	Friday
6:45pm-7:15pm	6:15pm-7:15pm	6:30pm-7:15pm
Saturday	Sunday	
12:45pm-2:30pm 5:00pm-7:00pm	2:30pm-5:30pm	



### Open Lap Swim (12+\*)

**\*12-14 yrs. Must pass swim test & have guardian on pool deck**

Monday / Wednesday	Lanes	Tuesday / Thursday	Lanes
6:45pm-7:15pm	2	6:15pm-7:15pm	3
Friday		Saturday	
6:30pm-7:15pm	3	12:45pm-4:00pm 5:00pm-7:00pm	2 2
Sunday			
1:30pm-5:30pm	2		



### Adult Lap Swim (16+)

Monday / Wednesday	Lanes	Tuesday / Thursday	Lanes
5:30am-9:30am	4	5:30am-8:30am	4
9:30am-11:30am	2	8:30am-11:30am	2
11:30am-3:30pm	4	11:30am-1:30pm	4
3:30pm-6:45pm	1	1:30pm-3:30pm	2
8:30pm-9:30pm	2	5:00pm-6:15pm	1
9:30pm-10:15pm	4	8:30pm-9:30pm 9:30pm-10:15pm	2 4
Friday		Saturday	
5:30am-9:30am	4	7:00am-9:00am	2
9:30am-10:30am	2	7:00pm-7:45pm	4
10:30am-1:30pm	4		
1:30pm-3:30pm	2	Sunday	
3:30pm-6:30pm	1	9:00am-11:00am	4
8:30pm-10:15pm	4	6:30pm-7:45pm	4

### Adaptive Swim\* - all 4 lanes

\*for individuals that have special needs, families are encouraged to participate.

Saturday	Sunday
4:00-5:00pm	5:30-6:30pm

Schedule last updated: April 4, 2017  
 Please check our website for adjusted hours due to holidays.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

April 1–June 18, 2017

Schedule subject to change without notice – updated April 1, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GYM A (front court)</b>	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	7:00 – 8:00am  OPEN GYM	9:00am – 8:00pm  OPEN GYM
	8:00am – 10:30pm  OPEN GYM	8:00am – 10:30pm  OPEN GYM	8:00am – 10:30pm  OPEN GYM	8:00am – 10:30pm  OPEN GYM	8:00am – 10:30pm  OPEN GYM	8:00 – 1:00pm YMCA Youth Basketball League  1:00 – 8:00pm OPEN GYM	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GYM B (back court)</b>	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	5:30 – 8:00am Adult Pick-Up Basketball	7:00 – 8:00am  OPEN GYM	9:00am – 1:30pm  OPEN GYM
	8:00am – 4:30pm  OPEN GYM	8:00am – 3:00pm  OPEN GYM	8:00am – 5:30pm  OPEN GYM	8:00am – 3:00pm  OPEN GYM	8:00am – 5:30pm  OPEN GYM	8:00 – 11:00am  YMCA Youth Basketball League	
	4:30 – 10:30pm YMCA Fencing Class	3:00 – 10:30pm YMCA Fencing Class		5:30 – 8:30pm YMCA Youth Basketball League		3:00 – 10:30pm YMCA Fencing Class	5:30 – 8:30pm YMCA Youth Basketball League
			8:30 – 10:30pm  OPEN GYM	8:30 – 10:30pm  OPEN GYM	4:30 – 8:00pm  OPEN GYM		

## OPEN GYM:

All players under 12 must be actively supervised by a parent/guardian

Gym is to be shared amongst all for basketball or open play  
All gym rules apply.

## GYM CLOSURES:

The gymnasium is closed on the following dates:  
April 10, 11, 12, 13, and 17 for Y Zone  
May 29–Memorial Day

## GYMNASIUM GUIDELINES

- The Gym rules are for the safety and enjoyment of YMCA members and guests. Please remember that the YMCA gym is a family area.
- Unsportsmanlike behavior and foul language will not be tolerated and is subject to loss of membership privileges or termination of participation.
- When a class or activity is not in session, it is considered Open Gym. No one person or group has exclusive or implied use of the gym in whole or in part. Please respect the times given on the posted schedule.
- The YMCA reserves the right to use the gym for YMCA events or programs with or without notice, although we strive to provide sufficient notification.
- The YMCA reserves the right to refuse access to anyone who isn't abiding by the rules or policies. The YMCA also reserves the right to amend the Gym Rules as needed.

## BE CARING

- When programs are in progress please walk to the sides of the gymnasium.
- Sneakers only please.
- Please do not play or sit on any items or other equipment stored in the gymnasium.
- Report any concerns to the member service desk.

## BE RESPECTFUL

- Please limit your play to one hoop so others can enjoy the gym as well.
- Swearing, fighting and other obscenities are strictly prohibited.
- Players may be dismissed immediately for policy violation with additional consequences to follow
- Children 12 years old and under must be accompanied by an adult at all times.
- No Shoes / No Shirt / No Gymnasium time.
- Water only, no food or other beverages allowed in the gymnasium.
- Misuse of equipment is prohibited.
- Basketballs are no to be dribbled anywhere in the building except for the gymnasium.
- Court preference always goes to the specified age group in the allotted time during the day.

## BE RESPONSIBLE

- Put all trash and recyclables in proper containers.
- All injuries requiring first aid need to be reported to the member service desk.
- No hanging on the rim and structure supports!!!
- Please secure your personal items at all times. The YMCA is not responsible for lost or stolen items.

## BE HONEST

- Help each other.
- Display good sportsmanship. No Trash Talk!
- Encourage each other.
- Play Fair.
- Have Fun!!!

## TRAINING AND COACHING AT THE YMCA

Personal training or coaching for a fee at the YMCA is provided by YMCA employees only. As examples, this includes fitness training, swim coaching, and any type of sports coaching. Trainers and coaches that are not employed by the YMCA are prohibited from providing training and coaching services at the YMCA for a fee to members or participants.

Due to liability issues and member experience concerns, the YMCA requires all trainers & coaches working within the building to be employed by the YMCA, maintain certification through a nationally recognized organization and meet specific academic requirements essential for quality personal training and coaching.

An individual may be seen as personal training coaching if he/she is:

- receiving payment for an exercise or coaching session
- designing a program or workout
- providing exercise, sports, or swim techniques

## WHY NO OUTSIDE COACHING OR TRAINING?

The YMCA cannot adequately control the quality of training or coaching from individuals that are not employed by the YMCA. These individuals may not have adequate academic background, ability, training or experience to correctly train members. The YMCA is limited in its ability to regulate outside trainers in order to prevent or correct potential erroneous information or technique passed on to members.

Individuals not employed by the YMCA have not been trained by the YMCA on staff policies and procedures and therefore are unauthorized trainers in YMCA facilities. Additionally they have not completed a full background check which is required of all YMCA employees.

A legal liability arises for the YMCA if we are aware of outside trainers & coaches working within the YMCA, and profiting from the use of YMCA's equipment and facilities without consent violates the YMCA's non-profit status as a 501(c)3 organization.

Failure to comply with the Fee-Based Training and Coaching Policy is in direct violation of YMCA policy and may result in suspension or termination of YMCA membership privileges.

The use of the YMCA for outside training & coaching is in direct competition with the training and coaching services that the YMCA offers.

## PRINCETON YMCA FACILITY HOURS

Monday - Friday: 5:45am-10:30pm

Saturday: 7:00am-8:00pm

Sunday: 11:00am-8:00pm

**PLEASE REFER TO THE "FACILITY USAGE BY AGE" INFORMATION FOR MORE DETAILS**

## FACILITY USAGE BY AGE

Area	Unsupervised Ages	Supervised Ages	Not Allowed
<b>Entry into the building</b>	Members and guests of members ages 12 & up.	Children ages 0-11 years old must have guardian supervision at all times.	
<b>Dodge Gymnasium (Basketball)</b>	Members and guests of members ages 12 & up.	Members ages 0-11 years old must have guardian supervision at all times.	
<b>Group Exercise Classes</b>	Members and guests of members ages 13 & up.	Members 10-12 years old	Children 11 & under, unless participating in a teen or youth program.
<b>Wellness Center</b>	Members and guests of members ages 15 & up. Members 12-14 years old may use the Wellness Center after completing the Teen Orientation process.	Members 10-11 years old may use cardiovascular equipment only, with guardian supervision within the Wellness Center.	Children 9 & under.
<b>Mathey Locker Room</b>	Members and guests of members ages 18 & up.		Children and teens 17 & under
<b>Child Watch</b>	N/A	Children ages 6 months through 12 years old are supervised by YMCA staff.	Children under 6 months.
<b>Adult Lap Swim</b>	Members and guests of members ages 18 & up.		Children and teens 17 & under.
<b>Family/Lap Swim</b>	Members and guests of members ages 15 & up.	Members 6-14 years old must have adult supervision: in-water if deep water test is not passed; on-deck if deep water test is passed.  6 months-5 years old: in water supervision.	Children under 6 months.