

SWIM LESSONS

Learn how to swim at the Y! Swim lessons are taught by trained swim instructors. Group and private lessons are available for all ages and swimming abilities.

Additional costs are applicable.

LAP SWIM

Swimmers must be able to swim the full length of the pool continuously and without support. If space is available, exercising, walking, and floating are permitted during lap swim. 13 years & older.

*We reserve the right to conduct trainings or drills at any time.

Take Your Mark (*Development Swim Team*)

Boys and Girls in the following Ages: 12 & Under Swimmers are required to be able to swim 20 yards freestyle and 20 yards backstroke without flotation or assistance and pass simple entrance test.

YMCA Pool: Mon, Wed 5:30-6:30.

POCONO PIRANHAS

COMPETITIVE SWIM TEAM

Program is geared toward a competitive swim team member who is dedicated to the sport of swimming 12 months of the year. USA Swimming membership is strongly recommended. Monthly payments are required. YMCA Members only.

All candidates must Try Out.

Stroudsburg Park Pool

POCONO FAMILY YMCA

809 Main Street
Stroudsburg PA 18360
P: 570-421-2525
www.poconoyymca.org



MISSION STATEMENT

To be an open organization that puts Christian principles into practice through programs that build a healthy spirit, mind, & body for all.

At the Pocono Family YMCA, we are for youth development, healthy living, & social responsibility.

GENERAL POOL RULES & SAFETY INFORMATION

- Adhere to all rules set by the lifeguards.
- Horseplay or other unsafe behavior is not permitted.
- A swim test to assess your ability may be required.
- Be sure to have on proper bathing suit attire. NO STREET CLOTHES.
- We do not lend out pool equipment.

NOTE: For your safety, the pool must be cleared and closed for 30 minutes after thunder and/or lightening.

Aquatics Department
570-421-2525 ex. 0126
aquatics@poconoyymca.org

Head Swim Team Coach
570-421-2525
mwolbert@poconoyymca.org



POCONO FAMILY YMCA
809 MAIN STREET STROUDSBURG PA 18360
570-421-2525

AQUATIC SCHEDULE

EVERYONE IS WELCOME AT OUR POOL!

Please remember that our pool is shared by swim lessons, water aerobics, swim team, certification classes, lap swimmers, families & all our members.

The pool schedule is subject to change without notice due to weather conditions, swim events, group & private lessons, pool rentals, swim team needs and/or lifeguard training.

The Y will do everything possible to notify our members as far in advance as possible about changes. Changes will be posted at our Welcome Desk, website, and social media sites.

Water temperature ranges between 80° to 83°.



POOL SCHEDULE

April 2024

MONDAY

6:00am-10:45am - Lap Swim
11:00am-11:45am - Water Aerobics
12:00pm-12:45pm - Lap Swim
1:00-4:30pm – CLOSED
4:30-5:30pm – Rec Swim
5:30-6:30 – Take Your Mark (Swim Team)
6:30-7:30pm – Lap Swim

TUESDAY

6:00am-9:45am - Lap Swim
10:00-10:45am - Arthritis Class
11:00am-11:45am Water Aerobics
12:00pm-12:45pm Lap Swim
1:00-3:30pm - CLOSED
3:30-5:45pm Adult Swim Lessons
5:45-7:30pm Rec Swim

WEDNESDAY

6:00am-10:45am Lap Swim
11:00am-11:45am Water Aerobics
12:00pm-12:45pm Lap Swim
1:00-4:00pm – CLOSED
4:00-5:30pm Swim Lessons
5:30-6:30 – Take Your Mark (Swim Team)
6:30-7:30pm – Lap Swim

THURSDAY

6:00am-9:45am Lap Swim
10:00-11:00am Swim Lessons
11:00am-11:45am Water Aerobics
12:00pm-12:45pm Lap Swim
1:00-4:00pm – CLOSED
4:00-6:00pm Swim Lessons
6:00-7:00pm Lap Swim

POOL SCHEDULE

FRIDAY

6:00am-10:45am Lap Swim
11:00am-11:45am Water Aerobics
12:00pm-12:45pm Lap Swim
1:00-5:30pm - CLOSED
5:30-6:30pm Rec Swim
6:30-7:30pm Lap Swim

SATURDAY

6:00am-8:00am Swim Team
8:00am-9:00am Lap Swim
9:00-12:00pm Swim Lessons
12:00pm-1:30pm Rec Swim

SUNDAY

Closed

Holly Storck
Aquatics Department
570-421-2525 ex. 0126
aquatics@poconoyymca.org

Head Swim Team Coach
570-421-2525
mwolbert@poconoyymca.org

