Swim Lessons

Learn how to swim at the Y! Swim lessons are taught by trained swim instructors. Group swimming 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. 12 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: 11 & under.
Swimmers are required to be able to swim 20 yards freestyle and 20 yards backstroke without floatation or assistance and pass a simple entrance test.

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.*

MISSION STATEMENT

To be an open organization that puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. At the Pocono Family YMCA, we're for youth development, healthy living and 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 lightning.

Aquatics Department
272-208-5473
swimlessons@poconoymca.org

Head Swim Team Coach
570-350-2142
mwolbert@poconoymca.org

the YMCA

USA SWIMMING SAFE SPORT

POCONO FAMILY YMCA

809 Main St. Stroudsburg, PA 18360 570.421.2525

AQUATIC SCHEDULE

November 2nd - November 30th

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 of our members.

The pool schedule is subject to change without notice due to maintenance, 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, social media, and Remind (see front desk for information).

Water temperature ranges between 80 and 84 degrees.

POOL SCHEDULE

November 2nd - November 30th

MONDAY
6:00am-10:45am - Lap Swim
11:00am-11:45am - Water Aerobics
12:00pm-12:45pm - Lap Swim
1:00pm-4:00pm- Lap/Rec Swim
4:00pm-6:30pm - Swim Lessons
6:30pm-7:30pm - Lap Swim

TUESDAY
6:00am-10:45am - Lap Swim
11:00am-11:45am - Water Aerobics
12:00pm-12:45pm - Lap Swim
2:30pm-4:00pm- Lap/Rec Swim
4:00pm-6:00pm - Adult Swim Lessons
6::00pm-7:30pm - Lap Swim

WEDNESDAY
6:00am-10:45am - Lap Swim
11:00am-11:45am - Water Aerobics
12:00pm-12:45pm - Lap Swim
2:30pm-4:00pm- Lap/Rec Swim
4:00pm-6:30pm - Swim Lessons
6:30pm-7:30pm - Lap Swim

THURSDAY
6:00am-10:00am - Lap Swim
10:00am-11:00am - Swim Lessons
11:00am-11:45am - Water Aerobics
12:00pm-12:45pm - Lap Swim
1:00pm-4:00pm- Lap/Rec Swim
4:00pm-6:45pm -Swim Lessons
6:45pm-7:30pm - Lap Swim

FRIDAY
6:00am-10:45am - Lap Swim
11:00am-11:45am - Aqua Zumba
12:00pm-12:45pm - Lap Swim
1:00pm-4:00pm- Lap/Rec Swim
4:30pm-5:30pm - Rec Swim
5:30pm-7:30pm - Lap Swim

SATURDAY
6:00am-8:00am - Swim Team
8:00am-8:45am - Lap Swim
9:00am-12:30pm - Swim Lessons
12:30pm-1:30pm - Rec Swim