the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

LAP AND FAMILY SWIM SCHEDULE

Fall 2011

Accurate August 15 - December 31, 2011

The lifeguard has the authority to change this schedule to accommodate all activities.

Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the other swimmer's acknowledgement that you are there.

Circle Swimming

If there are 2 swimmers in a lane, "circle" swimming is highly encouraged, though you may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed

Please try to choose a lane with swimmers that most nearly match your speed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00a Lap Swim (5 lanes) Water Walking (2 lanes)	**5:30-9:00a** Lap Swim (5 lanes) Water Walking (2 lanes)	**5:30-9:00a** Lap Swim (5 lanes) Water Walking (2 lanes)	**5:30-9:00a** Lap Swim (5 lanes) Water Walking (2 lanes)	**5:30-9:00a** Lap Swim (5 lanes) Water Walking (2 lanes)	**8:00-9:30a** Lap Swim (5 lanes) Water Walking (2 lanes)	**8:00-9:30a** Lap Swim (6 lanes) Water Walking (1 lane)
9:00-10:00a Lap Swim (2 lanes) Family Swim (2 lanes)	**9:00-10:00a** Lap Swim (2 lanes) Family Swim (2 lanes)	**9:00-10:00a** Lap Swim (2 lanes) Family Swim (2 lanes)	**9:00-10:00a** Lap Swim (2 lanes) Family Swim (2 lanes)	**9:00-10:00a** Lap Swim (2 lanes) Family Swim (2 lanes)	**9:30-1:30p** Lap Swim (2 lanes) Family Swim (2 lanes)	**9:30-5:45p** Lap Swim (4 lanes) Family Swim (3 lanes)
10:00-11:30a Lap Swim (4 lanes) Family Swim (2 lanes)	**10:00-11:30a** Lap Swim (4 lanes) Family Swim (2 lanes)	**10:00-11:30a** Lap Swim (4 lanes) Family Swim (2 lanes)	**10:00-11:30** Lap Swim (4 lanes) Family Swim (2 lanes)	**10:00-11:30a** Lap Swim (4 lanes) Family Swim (2 lanes)	**1:30-5:45p** Lap Swim (3 lanes) Family Swim (3 lanes)	
11:30-12:30p Lap Swim (3 lanes) Family Swim (2 lanes)	**11:30-12:30** Lap Swim (4 lanes) Family Swim (2 lanes)	**11:30-12:30** Lap Swim (3 lanes) Family Swim (2 lanes)	**11:30-12:30** Lap Swim (4 lanes) Family Swim (2 lanes)	**11:30-12:30** Lap Swim (3 lanes) Family Swim (2 lanes)		
12:30-3:30p Lap Swim (4 lanes) Family Swim (2 lanes)	**12:30-3:30p** Lap Swim (4 lanes) Family Swim (2 lanes)	**12:30-3:30p** Lap Swim (4 lanes) Family Swim (2 lanes)	**12:30-3:30p** Lap Swim (4 lanes) Family Swim (2 lanes)	**12:30-3:30p** Lap Swim (4 lanes) Family Swim (2 lanes)		
3:30-6:30p Lap Swim (2 lanes) *No Family Swim*	**3:30-6:30p** Lap Swim (2 lanes) *No Family Swim*	**3:30-6:30p** Lap Swim (2 lanes) *No Family Swim*	**3:30-6:30p** Lap Swim (2 lanes) *No Family Swim*	**3:30-6:30p** Lap Swim (3 lanes) Family Swim (2 lanes)		
6:30-7:30p Lap Swim (2 lanes) Family Swim (2 lanes)	**6:30-7:30p** Lap Swim (3 lanes) Family Swim (2 lanes)	**6:30-7:30p** Lap Swim (2 lanes) Family Swim (2 lanes)	**6:30-7:30p** Lap Swim (2 lanes) Family Swim (2 lanes)	**6:30-7:30p** Lap Swim (3 lanes) Family Swim (2 lanes)		
7:30-9:00p Lap Swim (3 lanes) Family Swim (2 lanes)	**7:30-9:00p** Lap Swim (5 lanes) Family Swim (2 lanes)	**7:30-9:00p** Lap Swim (3 lanes) Family Swim (2 lanes)	**7:30-9:00p** Lap Swim (5 lanes) Family Swim (2 lanes)	**7:30-9:00p** Lap Swim (5 lanes) Family Swim (2 lanes)		
9:00-9:45p Lap Swim (5 lanes) Family Swim (2 lanes)	**9:00-9:45p** Lap Swim (5 lanes) Family Swim (2 lanes)	**9:00-9:45p** Lap Swim (5 lanes) Family Swim (2 lanes)	**9:00-9:45p** Lap Swim (5 lanes) Family Swim (2 lanes)	**9:00-9:45p** Lap Swim (5 lanes) Family Swim (2 lanes)		