



We build strong kids, strong families, strong communities.

Indoor Pool Weekday Schedule

February 1st - February 28, 2010

WA- Water Aerobics Classes

SL- Swim Lessons

All times are subject to change for special programs

	Monday	Tuesday	Wednesday	Thursday	Friday**
5:00—8:30am	5 Lap	5 Lap*	5 Lap	5 Lap*	5 Lap
8:30—9:00am	5 Lap	2 Lap 2 WA	5 Lap	2 Lap 2 WA	5 Lap
9:00—10:15am	2 Lap 2 WA	2 Lap 2 WA	2 Lap 2 WA	2 Lap 2 WA	2 Lap 2 WA
10:15—10:45pm	2 Lap 2 Family/SL	2 Lap 2 WA/SL	2 Lap 2 Family/SL/WA	2 Lap 2 WA/SL	2 Lap 2 Family/SL
10:45—1:00pm	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL
1:00—1:45pm	2 Lap 2 WA	1 Lap 3WA	2 Lap 2 WA	1 Lap 3WA	2 Lap 2 WA
1:45—2:00pm	2 Lap 2 Family/SL	1 Lap 3WA	2 Lap 2 Family/SL	1 Lap 3WA	2 Lap 2 Family
2:00—4:00pm	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family
4:00—6:15pm	1 Lap 2 Family/ 2 SL	1 Lap 2 Family/ 2 SL	1 Lap 2 Family/ 2 SL	1 Lap 2 Family/ 2 SL	2 Lap 2 Family
6:15—7:15pm	1 Lap 2 Family/WA 2 SL	1 Lap 2 Family/WA 2 SL	1 Lap 2 Family/WA 2 SL	1 Lap 2 Family/WA 2 SL	2 Lap 3 Family/WA
7:15—8:00pm	1 Lap 2 Family/WA 1 SL	1 Lap 2 Family/WA 1 SL	1 Lap 2 Family/WA 1 SL	1 Lap 2 Family/WA 1 SL	2 Lap 2 Family
8:00—8:15pm	2 Lap 2 Family	2 Lap 2 Family/WA	2 Lap 2 Family	2 Lap 2 Family/WA	2 Lap 2 Family
8:15—9:00pm	2 Lap 2 Family	2 Lap 2 Family	2 Lap 2 Family	2 Lap 2 Family	2 Lap 2 Family

***Master Swim Club Tuesday & Thursday from 6:00am—7:30am (4lanes) ** Pool CLOSES on Friday at 8:30pm**

Ed Isakson/Alpharetta Family YMCA • 3655 Preston Ridge Road • Alpharetta, GA 30005 • Phone: 770-664-1220 • Fax: 770-664-0337

See other side for additional swim information, Sat/Sun and holiday schedule. ▶▶▶



We build strong kids, strong families, strong communities.

Indoor Pool Weekday Schedule

March 1st - March 31, 2010

WA- Water Aerobics Classes

SL- Swim Lessons

All times are subject to change for special programs

	Monday	Tuesday	Wednesday	Thursday	Friday**
5:00—8:30am	5 Lap	5 Lap*	5 Lap	5 Lap*	5 Lap
8:30—9:00am	5 Lap	2 Lap 2 WA	5 Lap	2 Lap 2 WA	5 Lap
9:00—10:15am	2 Lap 2 WA	2 Lap 2 WA	2 Lap 2 WA	2 Lap 2 WA	2 Lap 2 WA
10:15—10:45pm	2 Lap 2 Family/SL	2 Lap 2 WA/SL	2 Lap 2 Family/SL/WA	2 Lap 2 WA/SL	2 Lap 2 Family/SL
10:45—1:00pm	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL
1:00—1:45pm	2 Lap 2 WA	1 Lap 3WA	2 Lap 2 WA	1 Lap 3WA	2 Lap 2 WA
1:45—2:00pm	2 Lap 2 Family/SL	1 Lap 3WA	2 Lap 2 Family/SL	1 Lap 3WA	2 Lap 2 Family
2:00—4:00pm	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family/SL	2 Lap 2 Family
4:00—6:15pm	1 Lap 2 Family/ 2 SL	1 Lap 2 Family/ 2 SL	1 Lap 2 Family/ 2 SL	1 Lap 2 Family/ 2 SL	2 Lap 2 Family
6:15—7:15pm	1 Lap 2 Family/WA 2 SL	1 Lap 2 Family/WA 2 SL	1 Lap 2 Family/WA 2 SL	1 Lap 2 Family/WA 2 SL	2 Lap 3 Family/WA
7:15—8:00pm	1 Lap 2 Family/WA 1 SL	1 Lap 2 Family/WA 1 SL	1 Lap 2 Family/WA 1 SL	1 Lap 2 Family/WA 1 SL	2 Lap 2 Family
8:00—8:15pm	2 Lap 2 Family	2 Lap 2 Family/WA	2 Lap 2 Family	2 Lap 2 Family/WA	2 Lap 2 Family
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Indoor Pool Weekend Schedule

March 1st- March 31, 2010

	Saturday	Sunday
Family Swim	10 –5:30pm 2 Lanes	12:00—5:30pm 2 Lanes
Water Aerobics	8:00—9:00am 2 Lanes	1:30—2:30pm 2 Lanes
Lap Swim	7:00—9:00am 2Lanes 9:00—1:30pm 1 Lane 1:30—5:30pm 2 Lanes	12:00—5:30pm 2 Lanes
Swim Lessons	9:00—1:30pm 2 Lanes 2:00—4:00pm 2 Lanes	2:00—4:00pm 2 Lanes

Indoor Pool Holiday Schedule

	10:00am-11:00am	11:00am-1:30pm
April 4th (Easter)	YMCA CLOSED	YMCA CLOSED
May 31st (Memorial Day)	2 Lap Lanes Family/Water Aerobics 2 Lanes	2 Lap Lanes Family/Water Aerobics 2 Lanes

**The YMCA will be CLOSED for the following holiday:
Sunday, April 4th (Easter)**

Pool Policy

1. Proper swim attire is required for pool use. No street clothes allowed.
2. No tennis shoes or sneakers allowed in steamroom.
3. Children **12 years and under** who **cannot pass the swim test** are **not allowed in the pool** without a parent.
4. Children **8 years and under** who **cannot pass the swim test** must have a **parent within an arm's reach** in pool. Children **8 years and under** who can pass the swim test must have a **parent in the pool area**.
5. **Children who have not reached their 4th birthday** must wear CDC approved pool pants, or "little swimmers" with vinyl pants.
Pool pants available for purchase at the YMCA registration desk.



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April 4th (Easter)	YMCA CLOSED	YMCA CLOSED

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