

AQUATICS ~~~POOL LANE SCHEDULE ~March~~~2010

NUMBER OF LANES FOR EACH ACTIVITY ~~~SUBJECT TO CHANGE FOR SPECIAL EVENTS~~~Water Aerobics will get 3 lanes @ 13 participants on T/TH
 IIF THERE IS 2 OR MORE SWIMMERS IN A LANE PLEASE CIRCLE SWIM. THANKS

	MONDAY *****NO	TUESDAY OPEN	WEDNESDAY SWIM	THURSDAY WHILE	FRIDAY OUTDOOR	SATURDAY POOL IS	SUNDAY OPEN!*****
***** *****	*Number	designates	number of	lanes	available for	each activity.	Example -Lap-4 Lanes Open-1 Lanes
5:30-8:00AM	LAP-4 * OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1		
8:00-8:30	LAP-4 OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1	LAP-4 OPEN-1	
8:30-9:00	LAP-4 OPEN-1	LAP-3 LESSONS/ OPEN-2	LAP-4 OPEN-1	LAP-3 LESSONS/ OPEN-2	LAP-4 OPEN-1	LAP-3 LESSONS/OPEN-2	LAP-3 OPEN-2
9:00-9:15	LAP-3 Aerobics (Deep) Lessons / Open (Shallow)-2	LAP-3 OPEN/lesson-2	LAP-3 Aerobics (Deep) Les- sons / Open (Shallow)-2	LAP-3 OPEN/lessons-2	LAP-3 Aerobics (Deep) Lessons / Open (Shallow)-2	LAP-3 LESSONS/OPEN-2	LAP-3 OPEN-2
9:30-10:00	LAP-3 Aerobics (Deep) Lessons / Open (Shallow)-2	LAP-3 Open/Lesson-2	LAP-3 Aerobics (Deep) Les- sons / Open (Shallow)-2	LAP-3 Open/Lessons2	LAP-3 Aerobics (Deep) Lessons / Open (Shallow)-2	LAP-3 LESSONS/OPEN-2	LAP-3 Lessons/ Open-2
10:00-10:30	LAP-3 OPEN / LESSONS-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-2 LESSONS-2 OPEN-1	LAP-3 Lessons/ Open-2
10:30-11:00	LAP-3 LESSONS/OPEN-2	LAP-2 AEROBICS / OPEN 3	LAP-3 LESSONS/OPEN-2	LAP-2 AEROBICS / OPEN -3	LAP-3 LESSONS/OPEN-2	LAP-2 LESSONS-2 OPEN-1	LAP-3 Lessons/ Open-2
11:00-11:30	LAP-3 LESSONS/OPEN-2	LAP-2 AEROBICS/ LESSONS/OPEN-3	LAP-3 LESSONS/OPEN-2	LAP-2 AEROBICS/ LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-2 Lessons-2 Open-1	LAP-3 Lessons/ Open-2
11:30-12:15 PM	LAP-3 LESSONS/OPEN-2	LAP-2 AEROBICS/ LESSONS/ OPEN-3	LAP-3 LESSONS/OPEN-2	LAP-2 AEROBICS/ LESSONS/OPEN-3	LAP-3 LESSONS/OPEN-2	LAP-2 LESSONS-2 OPEN-1	LAP-3 Lessons/ Open-2
12:15-3:00	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 Lessons/ Open-2 (1:30 to 2:30 (only) Lap-2 LESSONS-3)	LAP-3 Lessons/ Open-2
3:00-3:30	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 LESSONS/OPEN-2	LAP-3 Lessons/ Open-2	LAP-3 Lessons/ Open-2
3:30-4:15	Lap- 2 Lessons/ Open-3	Lap- 2 Lessons/ Open-3	Lap- 2 Lessons/ Open-3	Lap- 2 Lessons/ Open-3	Lap- 3 Lessons/ Open-2	LAP-3 Lessons/ Open-2	LAP-3 Lessons/ Open-2
4:15-6:00	Lap- 3 Lessons/ Open-2	Lap- 3 Lessons/ Open-2	Lap- 3 Lessons/ Open-2	Lap- 3 Lessons/ Open-2	Lap- 3 Adapted/Open-2 (adapted till 5:30)	LAP-3 Lessons/ Open-2	LAP-3 Lessons/ Open-2
6:00-7:30 (Open Swim after 7PM)	LAP-3 Lessons/ Open-2 (Open Swim after 7PM)	LAP-3 Lessons/ Open-2 (Open Swim after 7PM)	LAP-3 Lessons/Open-2 (Open Swim after 7PM)	LAP-3 Lessons/Open-2 (Open Swim after 7PM)	LAP- 3 Lessons/Open-2	LAP-3 Lessons/ Open-2 CLOSE-5:45	LAP-3 Lessons/ Open-2 CLOSE-5:45
7:30-8:15	LAP-2 Lessons/ Open-2 AEROBICS-1	LAP-3 LESSONS/OPEN-2	LAP-2 LESSONS/OPEN-2 AEROBICS-1	LAP-3 LESSONS/OPEN-2	LAP-3 Lessons/ Open-2 CLOSE-8:45		
8:15-9:45 PM	LAP-3 OPEN-2	LAP-3 OPEN-2	LAP-3 OPEN-2	LAP-3 OPEN-2			

Key: The number designates the number of lanes that are available in the pool for that activity.

For Example:

5:30—8:30 AM Lap has 4 lanes available and Open Swim has 1 lane available

INDOOR POOL HOURS

MONDAY-THURSDAY

5:30 A M to 9:45 PM

Friday

5:30 am to 8:45 PM

Saturday

8:00AM to 5:45 PM

Sunday

8:30 AM to 5:45 PM

COME JOIN THE FUN

AT

FLICK N FLOAT

March 12th

IN POOL

7 PM

THREE "P-L-E-A-S"

FOR

ALL SWIMMERS

Please do not swim if you are sick

Please do not swallow pool water

Please wash hands after using rest room

-Children under 8 years of age who cannot pass the swim test are not allowed in the pool or pool area without a parent. Parents must be in the water with non swimmers.

-Children 7 years and under who can pass the swim test must have a parent **in the pool area.**

-Children 7-12 years who cannot swim proficiently must be accompanied by a parent in the pool area.

Aquatic Hotline

404-681-6109

For weather and program changes

SWIM TEAM STROKE CLINIC
SIGN UP TODAY!

COMMUNITY CPR MARCH 13TH @ 11:30AM

All children who have not reached their 4th birthday must wear pool pants or pool diapers covered with /vinyl or rubber pants or lined bathing suit. TWO layers of protection is needed!

Carl E. Sanders Family YMCA at Buckhead

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