



We build strong kids, strong families, strong communities.

# POOL SCHEDULE

June 7th - August 15th

Updated: May 24, 2010

|       | Sunday               | Monday                | Tuesday               | Wednesday             | Thursday              | Friday                | Saturday              |
|-------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 5:30  |                      | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> |                       |
| 6:00  |                      | 5:30-6:45am           | 5:30-6:45am           | 5:30-6:45am           | 5:30-6:45am           | 5:30-6:45am           |                       |
| 6:30  |                      | (ALL Lanes)           | (ALL Lanes)           | (ALL Lanes)           | (ALL Lanes)           | (ALL Lanes)           |                       |
| 7:00  |                      | <u>Guard Break</u>    | <u>Guard Break</u>    | <u>Guard Break</u>    | <u>Guard Break</u>    | <u>Guard Break</u>    | <u>Adult Lap Swim</u> |
| 7:30  |                      | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> | <u>Adult Lap Swim</u> | 7:00-9:00am           |
| 8:00  |                      | 7:00am-10:30pm        | 7:00-9:30am           | 7:00am-10:30pm        | 7:00-9:30am           | 7:00am-10:30pm        | (ALL Lanes)           |
| 8:30  |                      | (ALL Lanes)           | (ALL Lanes)           | <u>Aqua Walk</u>      | (ALL Lanes)           | <u>Aqua Walk</u>      |                       |
| 9:00  |                      |                       |                       | 8:00-9:00am           |                       | 8:00-9:00am           | <u>Swim Lessons</u>   |
| 9:30  |                      |                       | <u>Arthritis</u>      | (2 Lap Lanes)         | <u>Arthritis</u>      | (2 Lap Lanes)         | 9:00-11:05am          |
| 10:00 |                      |                       | 9:30-10:15am          |                       | 9:30-10:15am          |                       | (1 Lap Lane)          |
| 10:30 | <u>Open/Lap Swim</u> | <u>Swim Lessons</u>   | <u>Swim Lessons</u>   | <u>Swim Lessons</u>   | <u>Swim Lessons</u>   | <u>Swim Lessons</u>   |                       |
| 11:00 | 10:00am-3:00pm       | 10:30-12:00pm         | 10:30-12:00pm         | 10:30-12:00pm         | 10:30-12:00pm         | 10:30-12:00pm         | <u>Open/Lap Swim</u>  |
| 11:30 | (2 Lap Lanes)        | (1 Lap Lane)          | (1 Lap Lane)          | (1 Lap Lane)          | (1 Lap Lane)          | (1 Lap Lane)          | 11:05am-8:30pm        |
| 12:00 |                      |                       |                       |                       |                       |                       | (2 Lap Lanes)         |
| 12:30 |                      | <u>Day Camp Swim</u>  |                       | <u>Day Camp Swim</u>  |                       | <u>Day Camp Swim</u>  |                       |
| 1:00  |                      | Noon-3:00pm           |                       | Noon-3:00pm           |                       | Noon-3:00pm           |                       |
| 1:30  |                      | (2 Lap Lanes)         |                       | (2 Lap Lanes)         |                       | (2 Lap Lanes)         |                       |
| 2:00  |                      |                       |                       |                       |                       |                       |                       |
| 2:30  |                      |                       |                       |                       |                       |                       |                       |
| 3:00  | <u>Stroke Tech.</u>  |                       |                       |                       |                       |                       |                       |
| 3:30  | 3:00-5:00pm          | <u>Open/Lap Swim</u>  | <u>Open/Lap Swim</u>  | <u>Open/Lap Swim</u>  | <u>Open/Lap Swim</u>  | <u>Open/Lap Swim</u>  |                       |
| 4:00  | (2 Lap Lane)         | 3:00-5:25pm           | Noon-7:55pm           | 3:00-4:55pm           | Noon-4:55pm           | 3:00-10:00pm          |                       |
| 4:30  |                      | (2 Lap Lanes)         | (2 Lap Lanes)         | (2 Lap Lanes)         | (2 Lap Lanes)         | (2 Lap Lanes)         |                       |
| 5:00  | <u>Swim Lessons</u>  |                       |                       | <u>Stroke Tech.</u>   | <u>Swim Lessons</u>   |                       |                       |
| 5:30  | 5:00-6:20pm          | <u>Swim Lessons</u>   |                       | 5:00-7:00pm           | 5:00-7:05pm           |                       |                       |
| 6:00  | (1 Lap Lane)         | 5:30-7:40pm           |                       | (2 Lap Lane)          | (1 Lap Lane)          |                       |                       |
| 6:30  | <u>Open/Lap Swim</u> | (1 Lap Lane)          |                       |                       |                       |                       |                       |
| 7:00  | 6:20-8:30pm          |                       |                       |                       | <u>Open/Lap Swim</u>  |                       |                       |
| 7:30  | (2 Lap Lanes)        |                       |                       |                       | 7:10 - 7:55pm         |                       |                       |
| 8:00  |                      |                       | <u>Water Fitness</u>  |                       | <u>Water Fitness</u>  |                       |                       |
| 8:30  |                      | <u>Open/Lap Swim</u>  | 8:00 - 8:45           | <u>Open/Lap Swim</u>  | 8:00 - 8:45           |                       |                       |
| 9:00  |                      | 7:40-10:00pm          | (2 Lap Lanes)         | 7:00-10:00pm          | (2 Lap Lanes)         |                       |                       |
| 9:30  |                      | (2 Lap Lanes)         | <u>Open/Lap Swim</u>  | (2 Lap Lanes)         | <u>Open/Lap Swim</u>  |                       |                       |
| 10:00 |                      |                       | 9:00 - 10:00pm        |                       | 9:00 - 10:00pm        |                       |                       |

- \*\* The Pool will be closed every morning from 6:45-7:00am for the lifeguard break. Please plan accordingly.
- \*\*\* Adult lap swim is reserved for adults (18 and older) who are swimming laps or using the lanes for water exercise.
- \*\*\*\* Pool schedule is subject to change.
- \*\*\* PLEASE NOTE: In accordance with YMCA policies, we will at times have unannounced lifeguard drills during the day. During these drills you will be asked to exit the pool. Remain calm and follow the directions of the lifeguard.