



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHALLOW POOL SCHEDULE

WINTER February 1 – March 31, 2012 (Schedule is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Walk 5:30-9:30	Water Walk 5:30-6:00	Water Walk 5:30-8:30	Water Walk 5:30-9:30	Water Walk 5:30-6:00	Water Walk 7:00-9:00	
	Water Blast \$ 6:00-7:00	Water Blast \$ 8:30-9:30		Water Blast \$ 6:00-7:00		
	Water Walk 7:00-9:30			Water Walk 7:00-9:30	Swim Lessons \$ 9:00-10:30	
Special Programs \$/ Open Swim 9:30-11:30	Special P. \$/ Open Swim 9:30-12:00	Special P. \$/ Open Swim 9:30-11:30	Special P. \$/ Open Swim 9:30-12:00	Special P. \$/ Open Swim 9:30-11:30	Open Swim 10:30-5:00	
Aqua Flex \$ 11:30-12:15		Aqua Flex \$ 11:30-12:15		Aqua Flex \$ 11:30-12:15		Water Walk 1:00-2:30
Water Walk 12:15-3:00	Water Walk 12:00-3:00	Water Walk 12:15-3:00	Water Walk 12:00-2:30	Water Walk 12:15-3:00		Family Swim 2:30-6:00
Special P. \$ 3:00-5:00	Special P. \$ 3:00-5:00	Special P. \$ 3:00-5:00	Special P. \$ 3:00-5:00	Special P. \$ 3:00-5:00	Water Walk 5:00-8:30	
Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons 5:00-6:30(make up)		Water Walk 6:00-7:00
Open Swim 6:30-8:30	Swim Team \$ 6:30-8:00	Open Swim 6:30-8:30	Swim Team \$ 6:30-8:00	Open Swim 6:30-8:30		
Water Walk 8:30-9:30	Water Walk 8:00-9:30	Water Walk 8:30-9:30	Water Walk 8:00-9:30			

Open Swim: Open to all members and guests ages 7 and up. Those 6 and under are welcome with a parent. Please see the lifeguard for swim test and wrist band for all youth.

Family Swim: Sunday is Family Day at the YMCA. All children must be with a parent to enter the pool during family swim. Please see the lifeguard for swim test and wrist band for all youth.

\$: These classes are paid programs. Please see the front desk.
Classes: **Please see the front desk for class descriptions.**

Water Walk: This is for ages 18 and up.

Swimming Tip: Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.



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DEEP LAP POOL SCHEDULE

WINTER February 1 – March 31, 2012 (Schedule is subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 5:30-8:30	Lap Swim 7:00-9:00	
W. Aerobics \$ 8:30-9:30	W. Aerobics 8:30-9:30	W. Aerobics \$ 8:30-9:30	W. Aerobics 8:30-9:30	W. Aerobics\$ 8:30-9:30	W. Aerobics \$ 9:00-10:00	
Adult S. Lessons\$ 9:30-10:30		Adult Fit Swim/Lessons \$ 9:30-10:30			Lap Swim 10:00-12:30	
Special Programs\$ 9:30-12:00	Special P. \$ 9:30-12:30	Special P. \$ 9:30-12:00	Special P. \$ 9:30-12:30	Special P. \$ 9:30-12:00	Open Swim 12:30-4:00	Lap Swim 1:00-2:30
Lap Swim 12:00-4:00	Knees/Hips \$ 12:30-1:30	Lap Swim 12:00-4:00	Knees/Hips \$ 12:30-1:30	Lap Swim 12:00-5:00		
	Lap Swim 1:30-3:30		Lap Swim 1:30-3:30			Family Swim 2:30-6:00
Knees/Hips \$ 4:00-5:00	Swim Team \$ 3:30-5:00	Knees/Hips \$ 4:00-5:00	Swim Team \$ 3:30-5:00		Lap Swim 4:00-8:30	
Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5:00-6:30	Swim Lessons \$ 5-6:30 (make up)		
W. Aerobics \$ 6:30-7:30	Swim Team\$ 6:30-8:30	W. Aerobics \$ 6:30-7:30	Swim Team \$ 6:30-8:30	W. Aerobics \$ 6:30-7:30		Lap Swim 6:00-7:00
Open Swim 7:30-8:30		Open Swim 7:30-8:30		Open Swim 7:30-8:30		
Lap Swim 8:30-9:30	Lap Swim 8:30-9:30	LapSwim 8:30-9:30	Lap Swim 8:30-9:30			

Open Swim: Open to all members and guests ages 7 and up. Those 6 and under are welcome with a parent. Please see the lifeguard for swim test and wrist band for all youth.

Family Swim: Sunday is Family Day at the YMCA. All children must be with a parent to enter the pool during family swim. Please see the lifeguard for swim test and wrist band for all youth.

\$: These classes are paid programs. Please see the front desk.
Classes: **Please see the front desk for class descriptions.**

Lap Swim: During all programs the YMCA will have at least 1 lane open at all times for lap swimmers.
(With the exception of YMCA swim team) **This is for 18 years and up.**

Swimming Tip: Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions If there are 1 or 2 swimmers in a lane, they 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 best match your speed.