

YMCA Large Pool Schedule

Spring 2012

Effective Feb. 6, 2012

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
6:00am	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap			6:00am
7:00am	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap			7:00am
7:30am	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap		7:30am
8:00am	Open Lap	Open Lap	Open Lap	Open Lap	Open Lap	Adult Lap		8:00am
8:30am	Open Lap	Open Lap	Open Lap	Open Lap	Open Lap	Adult Lap		8:30am
9:00am	Aqua Fitness (5) Open Lap (1)	Aqua Fitness(4) Open Lap (2)	Aqua Fitness (5) Open Lap (1)	Aqua Fitness(4) Open Lap (2)	Aqua Fitness (5) Open Lap (1)	Lessons		9:00am
9:30am	Aqua Fitness (5) Open Lap (1)	Aqua Fitness(4) Open Lap (2)	Aqua Fitness (5) Open Lap (1)	Aqua Fitness(4) Open Lap (2)	Aqua Fitness (5) Open Lap (1)	Lessons		9:30am
10:00am	Aqua Arthritic (3) Open Lap (3)	Aqua Arthritic (3) Open Lap (3)	Aqua Arthritic (3) Open Lap (3)	Aqua Arthritic (3) Open Lap (3)	Open Lap	Lessons		10:00am
10:30am	Aqua Arthritic (3) Open Lap (3)	Aqua Arthritic (3) Open Lap (3)	Aqua Arthritic (3) Open Lap (3)	Aqua Arthritic (3) Open Lap (3)	Open Lap	Lessons		10:30am
11:00am	Open Lap	Open Lap	Open Lap	Open Lap	Open Lap	Lessons		11:00am
11:30am	Open Lap	Open Lap(4) Lessons (2)	Open Lap	Open Lap (4) Lessons (2)	Open Lap	Lessons		11:30am
12:00pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap (5)/Ind. Lessons (1)	Adult Lap	12:00pm
1:00pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Open Lap (5)/Ind. Lessons (1)	Open Lap	1:00pm
1:30pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Open Lap (5)/Ind. Lessons (1)	Open Lap	1:30pm
2:00pm	Open Lap	Open Lap	Open Lap	Open Lap	Open Lap	Open Lap (3) Family Swim (3)	Family Swim (3) Open Lap (3)	2:00pm
2:30pm	Family Swim (2)/ Open Lap (2)/Therapy (2)	Family Swim (2) Open Lap (4)	Family Swim (2) Open Lap (2) Therapy (2)	Family Swim (2) Open Lap (4)	Family Swim (2) Open Lap (4)	Open Lap (3) Family Swim (3)	Family Swim (3) Open Lap (3)	2:30pm
3:00pm	Family Swim (2)/ Open Lap (2)/Therapy (2)	Family Swim (2) Open Lap (4)	Family Swim (2) Open Lap (2) Therapy (2)	Family Swim (2) Open Lap (4)	Family Swim (2) Open Lap (4)	Open Lap (3) Family Swim (3)	Family Swim (3) Open Lap (3)	3:00pm
3:30pm	Lessons	Lessons	Lessons	Lessons	Family Swim (2) Lessons (4)	Open Lap (3) Family Swim (3)	Family Swim (3) Open Lap (3)	3:30pm
4:00pm	Lessons	Lessons	Lessons	Lessons	Family Swim (2) Lessons (4)	Open Lap (3) Family/Comm. Swim (3)	Lessons	4:00pm
4:30pm	Lessons	Lessons	Lessons	Lessons	Family Swim (2) Lessons (4)	Open Lap (3) Family/Comm. Swim (3)	Lessons	4:30pm
5:00pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap (5) Ind. Lessons (1)	Adult Lap	Open Lap (3) Family Swim (3)	Lessons	5:00pm
5:30pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap (5) Ind. Lessons (1)	Adult Lap	Open Lap (3) Family Swim (3)	Lessons	5:30pm
6:00pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap (5) Ind. Lessons (1)	Adult Lap	Open Lap (3) Family Swim (3)	Lessons	6:00pm
6:30pm	Swim Team	Aqua Fitness (3) Family Swim (3)	Swim Team	Family Swim (2) Open Lap (3) Ind. Lessons (1)	Swim Team	Open Lap (3) Family Swim (3)	Lessons	6:30pm
7:30pm	Masters Swim Team	Tri Training (3) Family Swim (2) Open Lap (1)	Family Swim (3) Open Lap (3)	Special Olympics (3) Family Swim (2) Open Lap (1)	Family Swim (3) Open Lap (3)	Open Lap (3) Family Swim (3)	Pool Closed at 6:45pm YMCA Closed at 7:00pm	7:30pm
8:00pm	Masters Swim Team	Tri Training (3) Family Swim (2) Open Lap (1)	Family Swim (3) Open Lap (3)	Special Olympics (3) Family Swim (2) Open Lap (1)	Family Swim (3) Open Lap (3)	Pool Closed at 7:45pm		8:00pm
8:45pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed		8:45pm
9:00pm	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed		9:00pm

() Indicates how many lanes available during multiple activities.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours
6:00am								6:00am
7:00am								7:00am
7:30am								7:30am
8:00am								8:00am
9:00am						Lessons Only		9:00am
9:30am						Lessons Only		9:30am
10:00am						Lessons Only		10:00am
11:00am	Family Swim	Lessons Only	Lessons Only	Lessons Only	Family Swim	Lessons Only		11:00am
11:30am	Family Swim	Family Swim	Lessons Only	Family Swim	Family Swim	Lessons Only		11:30am
12:00pm	Family Swim	Family Swim	Lessons until 12:10	Family Swim	Family Swim	Family Swim		12:00pm
1:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		1:00pm
1:30pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	1:30pm
2:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	2:00pm
2:30pm	Family Swim / Therapy	Family Swim	Family Swim / Therapy	Family Swim	Family Swim	Family Swim	Family Swim	2:30pm
3:30pm	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Family Swim	Family Swim	3:30pm
4:00pm	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Family Swim	Family / Comm. Swim	Lessons Only	4:00pm
5:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Lessons Only	5:00pm
6:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Lessons Only	6:00pm
7:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Pool Closed at 6:45pm	YMCA Closed	7:00pm
8:00pm	Pool Closed at 7:45pm	Pool Closed at 7:45pm	Pool Closed at 7:45pm	Pool Closed at 7:45pm	Pool Closed at 7:45pm			8:00pm
8:45pm								8:45pm
9:00pm								9:00pm

**Definition of Schedule Terms**

**Adult Lap:** For adult members who are 18 years of age and older who enjoy distance or endurance swimming for fun and fitness.

**Open Lap:** Lap swim for all ages. Swimmers may be directed to specific lap lanes by the lifeguard based on ability to lap swim.

**Family Swim/Community Swim (Comm. Swim):** Recreational swim time for all members. During community swim, guests may swim at a rate of \$1 for children 17 years and younger and \$2 for adults.

**Therapy:** Therapy patients/members utilize the pool in collaboration with physical therapists in our community.

**YMCA Swimming Lessons:** The Y Aquatics Department offers instructional lessons for participants of all ages and abilities, including infant, youth, and adult swimming lessons. Lessons are conducted in both pools for both members and prospective members. For more info on lessons, pick up a copy of the YMCA class descriptions at the Front Desk.

**Individual Swim Lessons:** Individual swim lessons are for members only ages 3 and up as a supplement to group instruction and are taught by top YMCA Swim Instructors. Times and rates are available at the Front Desk.

**Aqua Fitness:** A fitness workout in the water. This program is low-impact with high aerobic value. Swimmers and non-swimmers alike can enjoy this activity, since no swimming ability is necessary. Classes are a fun and social interaction with other adults conducted weekday mornings and evenings.

**Gentle Water:** Low-impact, less exerting exercise in the pool, specifically for those people who have arthritis or joint conditions. No swimming ability necessary. Instructor led on Tues. and Thurs.

**Masters' Swim:** Designed for the adult lap swimmer to enhance their swimming skills and make workouts more productive. See Masters' Swim flyer for more information.

**YMCA Swim Team:** For children ages 7 to 15 that are interested in progressive swimming and learning about competition. More information is available at the Y Front Desk.

**(#):** Indicates how many lanes available during multiple activities. Lane assignments are subject to change based on usage and guards' discretion.

**\* In order to increase the safety of our members and guests, all youth swimmers will be required to pass a swim test to swim independently in water above their armpits. Tests will be administered at the top of every hour; youth swimmers will be required to stay in chest-deep water or be accompanied by an adult until they have passed the swim test.\***

