

YMCA Large Pool Schedule

Fall 2009

Effective September 8, 2009

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

() Indicates how many lanes available during multiple activities.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		
7:00am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim		
7:30am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
8:00am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
9:00am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Lessons Only	
9:40am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Lessons Only	
10:10am	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Lessons Only	
11:00am	Family Swim	Family Swim	Lessons Only	Family Swim	Family Swim	Lessons Only	
11:30am	Family Swim	Family Swim	Lessons Only	Family Swim	Family Swim	Lessons Only	
12:00pm	Family Swim	Family Swim	Lessons until 12:10	Family Swim	Family Swim	Family Swim	Family Swim
1:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
1:30pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
2:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim
2:30pm	Family Swim / Therapy	Family Swim	Family Swim / Therapy	Family Swim	Family Swim	Family Swim	Family Swim
3:30pm	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Family Swim	Family Swim
4:00pm	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Family Swim	Family / Community Swim	Lessons Only
5:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Lessons Only
6:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Lessons Only
7:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	YMCA Closed
8:00pm	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	Family Swim	
8:45 pm	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	
9:00pm	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	

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. Ability to lap swim will be directed to specific lap lanes by the lifeguard.

Family Swim: Recreational swim time for all members.

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.

Community Swim: Recreational swim time for all. Non-members may swim at a rate of \$1.00 for children 17 years and younger, \$2.00 for adults.

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 nights.

Aqua Arthritic: Low-impact, less exerting exercise in the pool, specifically for those people who have arthritis or joint conditions. No swimming ability necessary.

Masters: Designed for the adult lap swimmer to enhance their swimming skills and make workouts more productive. See Adult Aquatics brochure.

YMCA Swim Team: For children ages 6 to 12 who are interested in progressive swimming and competition. More information is available at the Y Front Desk.

(#): Indicates how many lanes available during multiple activities.



We build strong kids, strong families, strong communities.

YMCA of Ithaca & Tompkins County

Graham Road West · Ithaca, NY 14850 · Phone: (607) 257-0101 · FAX: (607) 257-5828

www.ithacaymca.com