



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAP POOL SCHEDULE

## April 16 - April 22

<b>SUN</b>			12:00p - 5:45p	
			<b>Open Swim</b>	
Open Lanes			3	

<b>MON</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 11:00a	11:00a - 12:00p	12:00p - 5:15p	5:15p - 6:15p	6:15p - 9:00p	9:00p - 9:45p		
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	<b>Open Swim</b>	Aqua Aerobics	<b>swim team tryouts</b>	<b>Lap Swim</b>		
Open Lanes	6	1	1	1	3	2	1	6		

<b>TUE</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 1:00p	10:00-11:00a	1:00p - 9:00p	9:00p - 9:45p				
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	<b>Open Swim</b>	<b>Lap Swim</b>				
Open Lanes	6	2	1	1	3	6				

<b>WED</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 1:00p	11:00a - 12:00p	1:00p - 5:00p	5:15p - 6:15p	6:15p - 9:00p	9:00p - 9:45p		
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	<b>Open Swim</b>	Aqua Aerobics	<b>Open Swim</b>	<b>Lap Swim</b>		
Open Lanes	6	1	1	1	3	1	3	6		

<b>THU</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 1:00p	10:00-11:00a	1:00p - 9:00p	9:00p - 9:45p				
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	<b>Open Swim</b>	<b>Lap Swim</b>				
Open Lanes	6	2	1	1	3	6				

<b>FRI</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 10:00a	10:00a - 11:00p	11:00a - 12:00p	12:00p - 8:45p				
	<b>Lap Swim</b>	Older Adult Water Exercise	<b>Lap Swim</b>	MS Exercise	Arthritis Exercise	<b>Open Swim</b>				
Open Lanes	6	1	3	2	1	3				

<b>SAT</b>	6:00a - 8:00a	8:00a - 9:00a		9:00p - 5:45p	<b>join us for Health Kids Day at Camp Y-Noah Sunday, April 22 1 - 4pm</b>					
	<b>Lap Swim</b>	Aqua Aerobics		<b>Open Swim</b>						
Open Lanes	6	2		3						



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FOR SOCIAL RESPONSIBILITY

# REC POOL SCHEDULE

## April 16 - 22

<b>SUN</b>		12:00p - 5:45p		
		<b>OPEN SWIM</b>		
<b>MON</b>	9:00a - 12:00p	12:00p - 9:00p		
	Swim Lessons	<b>OPEN SWIM</b>		
<b>TUE</b>		9:00p - 9:00p		
		<b>OPEN SWIM</b>		
<b>WED</b>	9:00a - 1:00p	1:00p - 9:00p		
	Swim Lessons	<b>OPEN SWIM</b>		
<b>THU</b>	9:00a - 4:30p	4:30p - 6:30p		6:45p - 9:00p
	<b>OPEN SWIM</b>	Swim lessons		<b>OPEN SWIM</b>
<b>FRI</b>		9:00a - 8:45p		
		<b>OPEN SWIM</b>		
<b>SAT</b>		9:00p - 5:45p		
		<b>OPEN SWIM</b>		

### IMPORTANT DATES & INFORMATION:

**ALL swimmers ages 12 and under must have a wristband on before entering the water. Please remember to grab your non-swimmer's red band or your swimmer's green band from the front desk. Thank you.**

**Join us at Camp Y-Noah  
for Healthy Kids Day  
Sunday, April 22 1 - 4 pm**

### NOTES

Parents with children ages **5 years & under** must be in the water and within arm's reach of their child, and must remain where the parent can touch the bottom. Children ages 6-10 must have a parent on the pool deck at all times. We strongly recommend that parents of non-swimmers be in the water within arm's reach of their child, regardless of the child's age.

All swimmers ages 6 - 12 must be swim tested. Testing will be conducted when additional Lifeguards are on duty and available to do so.

Water Features may not be operational during open swim times. Please ask the Lifeguard or other aquatics personnel to turn them on. It is the Lifeguard's discretion to turn them off for safety reasons.

**\*We strive to ensure the accuracy of this schedule. However, open swim schedule is subject to change without notice.**