



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAP POOL SCHEDULE

## January 6th-February 17th

<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 - 3:00p	3:00p - 4:30p	4:30p - 5:15p	5:15p - 6:00p	5:00p - 9:00p	9:00p - 9:45p
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	<b>Open Swim</b>	Swim Team	Adult Swim	Aqua Aerobics	Swim Team	<b>Lap Swim</b>
Open Lanes	6	1	3	1	3	1	1	1	5p - 1 / 7:30 - 2	6

<b>TUE</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 12:00p	10:00a - 11:00a	12:00p - 3:00p	3:00p - 4:30p	4:45p - 6:30p	6:30p - 7:30p	7:35p - 9:00p	9:00p - 9:45p
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	<b>Open Swim</b>	Swim Team	Swim Lessons	Aqua Aerobics	Swim Team	<b>Lap Swim</b>
Open Lanes	6	1	1	1	3	1	1	1	1	6

<b>WED</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 11:00a	11:00a - 12:00p	12:00p - 3:00p	3:00p - 4:30p	4:30p - 5:00p	5:15p - 6:00p	5:00p - 9:00p	9:00p - 9:45p
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Arthritis Exercise	<b>Open Swim</b>	Swim Team	<b>Lap Swim</b>	Aqua Aerobics	Swim Team	<b>Lap Swim</b>
Open Lanes	6	1	3	1	3	1	6	1	5p - 1 / 7:30 - 2	6

<b>THU</b>	5:15a - 7:45a	8:00a - 9:00a	9:00a - 12:30p	10:00a - 11:00a	12:30p - 3:00p	3:00p - 4:30p	4:45p - 6:30p	6:30p - 7:30p	7:35p - 9:00p	9:00p - 9:45p
	<b>Lap Swim</b>	Older Adult Water Exercise	Swim Lessons	Aqua Aerobics	<b>Open Swim</b>	Swim Team	Swim Lessons	Aqua Aerobics	Swim Team	<b>Lap Swim</b>
Open Lanes	6	1	1	1	3	1	1	1	1	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 - 3:00p	3:00p - 4:30p	4:30p - 5:30p	5:30p - 7:00p	7:00p - 8:45p
	<b>Lap Swim</b>	Older Adult Water Exercise	Adult Swim	MS Exercise	Arthritis Exercise	<b>Open Swim</b>	Swim Team	<b>Lap Swim</b>	Swim Team	<b>Open Swim</b>
Open Lanes	3	1	2	2	1	3	1	6	1	3

<b>SAT</b>	6:00a - 8:00a	8:00a - 9:00a	9:00a - 12:00p	12:00p - 5:45p						
	<b>Lap Swim</b>	Aqua Aerobics Adult lessons	Swim Lessons	<b>Open Swim</b>						
Open Lanes	3	2	0	3						



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# REC POOL SCHEDULE

## JANUARY 6 - FEBRUARY 17

<b>SUN</b>		12:00p - 5:45p		
		<b>OPEN SWIM</b>		
<b>MON</b>	9:00a - 12:00p	12:00p - 4:30p	4:30p - 7:00p	7:00p - 9:00p
	Swim Lessons	<b>OPEN SWIM</b>	Swim Lessons	<b>OPEN SWIM</b>
<b>TUE</b>	9:00a - 12:00p	12:00p - 4:30p	4:45p - 7:15p	7:15p - 9:00p
	Swim Lessons	<b>OPEN SWIM</b>	Swim Lessons	<b>OPEN SWIM</b>
<b>WED</b>	9:00a - 12:00p	12:00p - 9:00p		
	Swim Lessons	<b>OPEN SWIM</b>		
<b>THU</b>	9:00a - 12:30p	12:30p - 4:30p	4:45p - 7:15p	7:15p - 9:00p
	Swim Lessons	<b>OPEN SWIM</b>	Swim Lessons	<b>OPEN SWIM</b>
<b>FRI</b>	9:00a - 9:00p			
	<b>OPEN SWIM</b>			
<b>SAT</b>	8:30a - 12:00p	12:00p - 5:45p		
	Swim Lessons	<b>OPEN SWIM</b>		

At the Y, we are for Youth Development, Healthy Living, and Social Responsibility. We believe in the values of Caring, Respect, Responsibility, and Honesty. We strive to incorporate these into our programs.

**Please remember to get your non-swimmer's red band or your swimmer's green band from the front desk when arriving.**

**ALL swimmers ages 12 and under must have a wristband on before entering the water.**

**Thank you.**

### 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 may 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, the pool schedule is subject to change without notice.**