



YMCA POOL SCHEDULE

- Jan-May 2012
- Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM-7:00AM	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>		
7:00AM-8:00AM	<u>LAPS (4)</u> Water Walk (1)	<u>LAPS (4)</u> Water Walk (1)	<u>LAPS (4)</u> Water Walk (1)	<u>LAPS (4)</u> Water Walk (1)	<u>LAPS (4)</u> Water Walk (1)	<u>LAPS (5)</u>	
8:00am-9:00 am	<u>Laps *</u> Shape up with Sarge	<u>Laps (1) *</u> AM Energizer	<u>Laps *</u> Shape up with Sarge	<u>Laps (1) *</u> AM Energizer	<u>Laps *</u> Shape up with Sarge	<u>Laps (5)</u>	
9:00 am-10:00 am	<u>Laps *</u> Shape up with Sarge	<u>Laps (1) *</u> Hearts @ Work	<u>Laps *</u> Shape up with Sarge	<u>Laps (1) *</u> Hearts @ Work	<u>Laps *</u> Shape up with Sarge	<u>Laps (1) *</u> Hearts @ Work	
10:00 am-11:00 am	<u>Laps (1) *</u> Flexibility and Fitness	<u>Laps *</u> Arthritis Class	<u>Laps *</u> Arthritis Class	<u>Laps *</u> Arthritis Class	<u>LAPS (1-3)</u> Water Walk (2)	<u>LAPS (1-2)</u> <u>Swim Lessons</u>	
11:00am-12:00 pm	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>NO LAPS</u> <u>Special Olympics</u> <u>Swim Lessons</u> 11:00 - 12:15	
12:00-1:00	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Water Walk	<u>LAPS (3)</u> Open Swim	
1:00 pm-2:00 pm	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (1)</u> 1:00-2:30 Gym/Swim (2) Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2)</u> Open Swim	<u>LAPS (2)</u> Open Swim
2:00 pm-3:00 pm	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>2:30-3:00</u> <u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2)</u> Open Swim	<u>LAPS (2)</u> Open Swim
3:00 pm-4:00 pm	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2-3)</u> Open Swim	<u>LAPS (2)</u> Open Swim	<u>LAPS (2)</u> Open Swim
4:00 pm-5:00 pm	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>LAPS (2)</u> Open Swim	<u>LAPS (2)</u> Open Swim
5:00 pm-5:30 pm	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>LAP SWIM(5)</u>	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>LAP SWIM (5)</u>	<u>NO LAPS</u> <u>YBAC SWIM TEAM</u>	<u>POOL CLOSES</u> <u>5 PM</u>	<u>POOL CLOSES</u> <u>5PM</u>
5:30pm-6:00 pm	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>	<u>LAP SWIM (5)</u>		
6:00pm-7:00 pm	<u>Laps (1) *</u> Swim Lessons	<u>Laps (1) *</u> Swim Lessons	<u>NO LAPS</u> <u>Swim Lessons</u> <u>Special Olympics</u>	<u>Laps (1) *</u> Swim Lessons	<u>LAPS (2)</u> Open Swim		
7:00 pm-8:00 pm	<u>Laps (1) *</u> Hearts @ Work & Deep Water	<u>Laps (1) *</u> Hearts @ Work & Deep Water	<u>LAPS (2-3)</u> OPEN SWIM	<u>Laps (1) *</u> Hearts @ Work & Deep Water	<u>LAPS (2)</u> OPEN SWIM		
8:00 pm-8:45 pm	<u>LAPS (2-3)</u> OPEN SWIM	<u>LAPS (2-3)</u> OPEN SWIM	<u>LAPS (2-3)</u> OPEN SWIM	<u>LAPS (2-3)</u> OPEN SWIM	<u>LAPS (2)</u> OPEN SWIM		

* Lap Lane availability will vary during Scheduled Classes according to number of class participants *

LAP SWIM GUIDELINES

During lap swim the pool will be categorized by speed: Slow (at various times a 2 lane width), medium and fast. Individuals who are independently exercising and/or private lessons have priority in the slow lane when it is at a 2-lane width.

Check out the speed of other swimmers and select a lane that is appropriate to your speed. You should always enter the pool in the shallow end, notifying all swimmers that you will be joining the lane. Stand in the water at the shallow end so swimmers who may be flip turning or not wearing their goggles will see that you are entering the water (do not stand on the deck and assume someone will see you). With two swimmers per lane, you may opt to keep to one side or the other of the lane. If a third joins you must then swim in a circle formation always keeping to the right.

Please be courteous at all times! Only YOU can make lap-swimming work.

- ✦ Make sure your kick stays in your own lane.
- ✦ Be aware of what is going on in your lane. If you are constantly passing others, move to a faster lane. Please allow a swimmer who is overtaking you to pass at either end of the lane (wait at the wall and let them push off ahead of you).
- ✦ Please do not over crowd lanes. Lanes near the walls of the pool should have no more than 3 experienced swimmers. Other lanes may have up to 5 swimmers.
- ✦ If a lifeguard asks you to move to a different lane, please do so graciously. They are only trying to make lap swim run smoothly.

Lap Lane Availability During Water Fitness Classes

<u># of Class Participants</u>	<u>Lap Swimming Lanes</u>
Less than 15.....	2
15-25.....	1
More than 25.....	0

Exceptions:

Deep Water Class:	12 in class.....1 lap lane
	16 in class.....0 lap lanes
Arthritis Class:	20+ in class.....0 lap lanes

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.