

YMCA POOL SCHEDULE

 March 8th, 2021 – June 6th, 2021

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| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5:30 AM6:30 AM | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) |  |
| 6:45 AM7:45 AM | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) |  |
| 8:00 AM8:45 AM | Water FitnessShallow Class / Deep End Independent | Water FitnessShallow Class / Deep End Independent | Water FitnessShallow Class / Deep End Independent | Water FitnessShallow Class / Deep End Independent  | Water FitnessShallow Class / Deep End Independent | Lap Swim (5) |
| 9:00 AM9:45 AM | Water Fitness(Shallow and Deep Classes) | Water FitnessShallow Class / Deep End Independent | Water Fitness(Shallow and Deep Classes) | Water FitnessShallow Class / Deep End Independent | Water Fitness(Shallow and Deep Classes) | Water FitnessShallow Class / Deep End Independent |
| 10:00 AM10:45 AM | Lap Swim (2)Shallow Water Fitness ClassDeep End – Open Swim | Lap Swim (2)Shallow Water Fitness ClassDeep End – Open Swim | Lap Swim (2)Shallow Water Fitness ClassDeep End – Open Swim | Lap Swim (2)Shallow Water Fitness ClassDeep End – Open Swim | Lap Swim (2)Shallow Water Fitness ClassDeep End – Open Swim | Lap Swim (2)SwimLessons (11:15) |
| 11:00 AM11:45 AM | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) |
| 12:00 PM12:45 PM | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) | Lap Swim (5) |
| 1:00 PM1:45 PM | Lap Swim (3)Open/FamilySwim | Lap Swim (3)Open/FamilySwim | Lap Swim (3)Open/FamilySwim | Lap Swim (3)Open/FamilySwim | Lap Swim (3)Open/FamilySwim | YBAC (3)Open/FamilySwim |
| 2:00 PM2:45 PM | Lap Swim (3) /Open Swim | Lap Swim (3) / Open Swim | Lap Swim (3) / Academy Swim | Lap Swim (3) /Open Swim | Lap Swim (3) /Open Swim | YBAC (3)Open/FamilySwim |
| 3:00 PM3:45 PM | Open Swim / Lap Swim (3) | Open Swim / Lap Swim (3) | Academy Swim / Lap Swim (1-3) | Open Swim / Lap Swim (3) | Open Swim / Lap Swim (3) | YBAC (3)Open/FamilySwim |
| 4:00 PM5:00 PM | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team |  |
| 5:00 PM8:45 PM | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team | Lap Swim (1)YBAC Swim Team |  |

#### LAP SWIMMING GUIDELINES

Always enter the pool in the shallow end, notifying all swimmers that you will be joining the lane. Stand in the water at the 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 of the lane or the other.

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

 Be aware of what is going on in your 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).

 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.