



# YMCA POOL SCHEDULE

**During MAC Closure**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM 7:00 AM	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise		
7:00 AM 8:00 AM	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (4)</u> Independent Exercise	<u>Lap Swim (5)</u>	
8:00 AM 9:00 AM	<u>No Lap Swim</u> Water Fitness Class	<u>No Lap Swim</u> Water Fitness Class	<u>No Lap Swim</u> Water Fitness Class	<u>No Lap Swim</u> Water Fitness Class	<u>No Lap Swim</u> Water Fitness Class	<u>Lap Swim (3)</u> Swim Lessons	
9:00 AM 10:00 AM	<u>No Lap Swim</u> Water Fitness Class	<u>Lap Swim (1)</u> Water Fitness Class	<u>No Lap Swim</u> Water Fitness Class	<u>Lap Swim (1)</u> Water Fitness Class	<u>No Lap Swim</u> Water Fitness Class	<u>Lap Swim (1)</u> Water Fitness Class	
10:00 AM 11:00 AM	<u>Lap Swim (1)</u> Independent Exercise	<u>No Lap Swim</u> Water Fitness Class	<u>Lap Swim (1)</u> Water Fitness Class	<u>No Lap Swim</u> Water Fitness Class	<u>Lap Swim (1)</u> Water Fitness Class	<u>Lap Swim (1)</u> Swim Lessons	
11:00 AM 12:00 PM	<u>Lap Swim (3)</u> Independent Exercise	<u>Lap Swim (2)</u> Independent Exercise	<u>Lap Swim (3)</u> Independent Exercise	<u>Lap Swim (2)</u> Independent Exercise	<u>Lap Swim (3)</u> Independent Exercise	<u>No Lap Swim</u> Special Olympics  Swim Lessons 11:00-12:35	
12:00 PM 1:00 PM	<u>Lap Swim (3)</u> Independent Exercise	<u>Lap Swim (3)</u> Independent Exercise	<u>Lap Swim (3)</u> Independent Exercise	<u>Lap Swim (3)</u> Independent Exercise	<u>Lap Swim (3)</u> Independent Exercise	<u>Lap Swim (2)</u> Open/Family Swim	
1:00 PM 2:00 PM	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (1-2)</u> <u>YBAC (1)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim
2:00 PM 3:00 PM	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim/Lessons
3:00 PM 4:00 PM	Lap Swim <u>(2-3)</u>  Open/Family	Lap Swim <u>(2-3)</u>  Open/Family	Lap Swim <u>(2-3)</u>  Open/Family	Lap Swim <u>(2-3)</u>  Open/Family	<u>Lap Swim (1)</u> Open/Family  BCA Swim Team 3:30-4:15	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim
4:00 PM 5:00 PM	<u>Lap Swim (1)</u> YBAC Swim Team 4:15-7:00	YBAC Swim Team 4:15-7:00	<u>Lap Swim (1)</u> YBAC Swim Team 4:15-7:00	YBAC Swim Team 4:15-7:00	<u>Lap Swim (1)</u> After School 4:00 – 4:45  YBAC 4:15-6:15	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim
5:00 PM 6:15 PM	<u>Lap Swim (1)</u> YBAC Swim Team	YBAC Swim Team	<u>Lap Swim (1)</u> YBAC Swim Team	YBAC Swim Team	<u>Lap Swim (1)</u> YBAC Swim Team		
6:15 PM 7:00 PM	<u>YBAC (1)</u> <u>Lap Swim (1)</u> Swim Lessons	<u>YBAC (1)</u> <u>Lap Swim (1)</u> Swim Lessons	<u>YBAC (1)</u> <u>Lap Swim (1)</u> Swim Lessons	<u>YBAC (1)</u> <u>Lap Swim (1)</u> Swim Lessons	<u>Lap Swim (2)</u> Open/Family Swim		
7:00 PM 8:00 PM	<u>Lap Swim (1)</u> Water Fitness Class	<u>Lap Swim (1)</u> Water Fitness Class	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (1)</u> Water Fitness Class	<u>Lap Swim (2)</u> Open/Family Swim		
8:00 PM 8:45 PM	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim	<u>Lap Swim (2)</u> Open/Family Swim		

## **Sharing the Pool**

While we try our very best to accommodate all Y members, please be aware that our pool has many various functions. We offer lap swimming, group exercise classes, swim lessons, etc., therefore it is important that we follow the pool schedule listed on the reverse side. All Aquatic Programs take priority over individual members wanting to use the pool. During a program, if space permits, the lifeguard/instructor/director may approve the usage of other activities. If you want to use the pool during times in which your interest is not on the schedule, you must check with the lifeguard.

### **LAP SWIMMING GUIDELINES**

- First, check out the speed of other swimmers and select a lane that is appropriate to your speed.
- 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 of the lane or the other.
- If a third swimmer joins you must then swim in a circle formation always keeping to the right.
- 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.
- 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.

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