



# YMCA POOL SCHEDULE

March 30, 2021 –  
June 6<sup>th</sup>, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM 6:30 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	
6:45 AM 7:45 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	
8:00 AM 8:45 AM	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Water Fitness Shallow Class / Deep End Independent	Lap Swim (5)
9:00 AM 9:45 AM	Water Fitness (Shallow and Deep Classes)	Water Fitness Shallow Class / Deep End Independent	Water Fitness (Shallow and Deep Classes)	Water Fitness Shallow Class / Deep End Independent	Water Fitness (Shallow and Deep Classes)	Water Fitness Shallow Class / Deep End Independent
10:00 AM 10:45 AM	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Shallow Water Fitness Class Deep End – Open Swim	Lap Swim (2) Swim Lessons (11:15)
11:00 AM 11:45 AM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)
12:00 PM 12:45 PM	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)	Lap Swim (5)
1:00 PM 1:45 PM	Lap Swim (3) Open Swim	Lap Swim (3) Open Swim	Lap Swim (3) Open Swim	Lap Swim (3) Open Swim	Lap Swim (3) Open Swim	YBAC (3) Family Swim
2:00 PM 2:45 PM	Lap Swim (3) / Open Swim	Lap Swim (3) / Open Swim	Lap Swim (3) / Open Swim	Lap Swim (3) / Open Swim	Lap Swim (3) / Open Swim	YBAC (3) Family Swim
3:00 PM 3:45 PM	Open Swim (3:30) / Lap Swim (2) / YBAC	Open Swim (3:30) / Lap Swim (2) / YBAC	Open Swim (3:30) / Lap Swim (2) / YBAC	Open Swim (3:30) / Lap Swim (2) / YBAC	Open Swim (3:30) / Lap Swim (2) / YBAC	YBAC (3) Open/Family Swim
4:00 PM 4:45 PM	Lap Lane (1) / YBAC Swim	Lap Lane (1) / YBAC Swim	Lap Lane (1) / YBAC Swim	Lap Lane (1) / YBAC Swim	After School / YBAC Swim Team	
5:00 PM 8:00 PM	Lap Swim (1) YBAC Swim	Lap Swim (1) YBAC Swim	Lap Swim (1) YBAC Team	Lap Swim (1) YBAC Team	YBAC Swim Team	
8:00 PM 8:45 PM	Lap Swim (2) Open/Family Swim	Lap Swim (1) Water Fitness Shallow Class / Deep End Independent	Lap Swim (2) Open/Family Swim	Lap Swim (1) Water Fitness Shallow Class / Deep End Independent	Lap Swim (2) Open/Family Swim	

## 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.