



AQUATICS

FOR YOUTH DEVELOPMENT, FOR HEALTHY LIVING, FOR SOCIAL RESPONSIBILITY

North Pool
(Water Temp 86° - 88°)

Winter Pool Schedule January 2 - June 5, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Adult Swim/Lap (1 lane 5:15 - 8:55)					Water Safety Classes 8:00 - 9:00	
6 am	Water Exercise 6 - 6:45	Adult Swim/Lap	Water Exercise 6 - 6:45	Adult Swim/Lap	Water Exercise 6 - 6:45		
7 am	Adult Swim/Lap (1 lane) 5:15 - 8:55						
8 am							
9 am	School Rental 9-11	Swim Instruction 9-10:15	School Rental 9-11	Swim Instruction 9-10:15	Family/Youth Member Swim 9:00 - 10:00	Swim Instruction 9-11	
10 am		Water Exercise 10:15 - 11:00		Water Exercise 10:15 - 11:00	Y Child Care 10:00 - 11:00	Family Swim 10:00 - 11:00	
11 am	Adult Lap/Swim 11 - 11:45 (1 lane line) Adult Swim 11 - 12:30 (no lane line 11:45 - 12:30)						
12 pm	Water Yoga 12:30 - 1:10	Water Exercise 12:30 - 1:15	Water Yoga 12:30 - 1:10	Water Exercise 12:30 - 1:15	Rental 12:15 - 1:10	Members Open 12:30 - 1:30	Adult Swim 12 - 1:30 1 lane 12:45 - 1:30
1 pm	Water Wellness 1:15 - 2:00	School Rental 1:20 - 2:40	Water Wellness 1:15 - 2:00	School Rental 1:20 - 2:40	Water Wellness 1:15 - 2:00		
2 pm	School Rental 2:05 - 2:45 Rental 2:45 - 3:30	VA Rental 2:45 - 3:30	School Rental 2:05 - 2:45 Rental 2:45 - 3:30	VA Rental 2:45 - 3:30	School Rental 2:05 - 2:45 Rental 2:45 - 3:30	Community Swim 1:30 - 3:30	Community Swim 1:30 - 3:30
3 pm	Community Swim 3:30 - 5:00	Swim Instruction 3:30 - 8:00	Community Swim 3:30 - 5:00	Swim Instruction 3:30 - 8:00	Community Swim 3:30 - 5:00		
4 pm	Swim Team 4:30-5:00 (2 lanes)		Swim Team 4:30-5:00 (2 lanes)		Swim Team 4:30 - 5:00 (2 lanes)	Rental 3:45 - 5:45	Rental 3:45 - 4:45
5 pm	YMCA swim team 5-6:00		YMCA swim team 5-6:00		YMCA swim team 5-6:00		
6 pm	Water Exercise 6:00 - 7:00		Water Exercise 6:00 - 7:00		Water Exercise 6:00 - 7:00	Members Only Family Swim 6:00 - 8:00	Member Family Swim 6:00 - 7:45
7 pm	Community Family Swim 7:00 - 8:00		Community Family Swim 7:00 - 8:00				
8 pm	Community Swim 8-9	Water Safety Instruction 8-9:45	Community Swim 8-9	Water Safety Instruction 8-9:45	Community Swim 8-9		
9 pm	Rental	Rental	Rental	Rental			

**SCHEDULE
MAY CHANGE
WITHOUT
NOTICE**

SCHEDULE SUBJECT TO CHANGE TO MEET THE NEEDS OF OUR MEMBERS/SWIM TEAM.
During ALL FAMILY SWIM TIMES, all children must be accompanied by parent/guardian.
Lane lines pulled 5 minutes prior to an exercise class.
COMMUNITY SWIMS ARE AT A REDUCED RATE FOR ACCESS TO SWIMMING POOL ONLY.
CLEANSING SHOWERS are required before entering pools.
All youth 13 & under must participate in the YMCA Neck Band ID Program.



Winter Pool Schedule
January 2 - June 5, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am	Adult Lap 5:15 - 1:15	Adult Lap 5:15 - 1:15	Adult Lap 5:15 - 1:15	Adult Lap 5:15 - 1:15	Adult Lap 5:15 - 1:15		
6 am		YMCA swim team 5:15 - 6:30 (3 lanes)		YMCA swim team 5:15 - 6:30 (3 lanes)			
7 am							
8 am	Water Aerobics (2 lanes lap)	Water Aerobics (2 lanes lap)	Water Aerobics (2 lanes lap)	Water Aerobics (2 lanes lap)	Water Aerobics (2 lanes lap)	Masters Competitive Swim 8:15 - 9:30	
9 am	Adult Open Lap 9:00 - 10:00 1 lane walking 9:45						
10 am	Water Exercise 10-11 (4 lanes) Adult Lap (2 lanes)	Member Open lap 9-11 (6 lanes)	Water Exercise 10-11 (4 lanes) Adult Lap (2 lanes)	Member Open lap 9-11 (6 lanes)	Water Exercise 10-11 (4 lanes) Adult Lap (2 lanes)	Member lap 9:30 - 11:30 Open Lap 11:30 - 1:30 pm	Adult Lap Swim 12:15 - 1:30
11 am	Teen/Adult Lap Swim 11:00 - 12:30 Adult lap 12:30 - 1:15						
12 pm							
1 pm	School Rental 1:15-2:00pm	Rental 1:15 - 2:45	School Rental 1:15-2:00pm	Rental 1:15 - 2:45	School Rental 1:15-2:00pm		
2 pm	Water Exercise 2:05 - 3:05		Water Exercise 2:05 - 3:05		Water Exercise 2:05 - 3:05	RENTAL 1:30 - 3:30	RENTAL 1:30 - 3:30
3 pm						Community Lap Swim 3:30 - 5:45	Community Lap Swim 3:35 - 4:45
4 pm	YMCA swim team 3:00 - 5:30	YMCA swim team 3:00- 5:30	YMCA swim team 3:00 - 5:30	YMCA swim team 3:00 - 5:30	YMCA swim team 3:00 - 6:00 pm		
5:30	Water Exercise 5:30 - 6:30 (3 lanes lap)	Water Exercise 5:30 - 6:30 (3 lanes lap)	Water Exercise 5:30 - 6:30 (3 lanes lap)	Water Exercise 5:30 - 6:30 (3 lanes lap)			
6 pm	Adult lap 5:30 - 6:55	Adult Lap 5:30 - 6:55	Adult Lap 5:30 - 6:55	Adult Lap 5:30 - 6:55	Members Only Family Swim 6:00 - 8:00 pm	Member Only Lap Swim 6:00 - 7:45	
6:30	Member Lap 6:15 - 6:55	Member Lap 6:15 - 6:55	Member Lap 6:15 - 6:55	Member Lap 6:15 - 6:55			
7 pm	7:00 - 9:00 Community Swim						
8 pm	1 lane lap <<<depends on the number of swimmers>>> 1 lane lap				Community Lap 8:00 - 9:00 pm		
9 pm	9:05 - 9:45	Community Lap Swim 9:05 - 9:45 pm			RENTAL		

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