



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NOVEMBER 2017 POOL SCHEDULE

Schedule Begins
11/01/17 and is
subject to change.

Speed
Please try to choose
a lane with swimmers
that most nearly
match your speed.

Lap Swim is First-
Come/First-Served
but lap swimmers
should be aware of
walkers and walkers
should walk the
length of the pool to
best utilize the pool
space when the pool
is full, and should
move to the locker
room side of the pool
to best avoid
collisions with
swimmers.

Water Exercise
The instructor may
need to close lap
lanes depending on
the size of the
water exercise
classes. It will not
exceed the
minimum number
listed.

Parentheses indicate
number of lanes
available for each
activity. Multiple
activities are often
scheduled in the pool
at the same time.
The schedule is
subject to change.
Updated: 10/23/17

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	5:15-9:00 Lap (4) Walking/ Open Exercise (2)	6:30-9:00 Lap (4) Walking/ Open Exercise (2)	
9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4) Lap (2)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Aqua Power Hour (4) Lap (2)	9:00-9:30 Water, Stretch & Balance (5) Lap (1)	9:00-10:00 Deep H2O Lap (2/1*)	
9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (5) Lap (1)		9:30-10:30 Water in Motion (5) Lap (2/1*)		
10:30-5:00 Open Swim (3) Lap (3)	10:30-5:15 Open Swim (3) Lap (3)	10:30-5:00 Open Swim (3) Lap (3)	10:30-4:30 Open Swim (3) Lap (3)	10:30-6:00 Open Swim (3) Lap (3)	10:00-2:45 Open Swim Lap (3)	1:00-4:45 Open Swim Lap (3)
5:00-6:00 Burst Fit (4) Lap (2)		5:00-6:00 Burst Fit (4) Lap (2)				
	5:15-6:45 Swim Lessons (4) Lap (2) (5:15-6 only)	6:00-6:45 Swim Lessons (3) Lap (3)	4:30-6:30 Swim Lessons (3) Lap (3) (4:30-6 only)			
	6:00-7:45 Swim Team (3) Lap (0) 6-7		6:00-7:45 Swim Team (5) Lap (1)	6:00-7:15 Swim Team (3) Lap (1)		
6:00-8:45 Open Swim (3) Lap (3)	7:00-8:45 Open Swim (2) Lap (1) @ 7 Lap (3) @ 7:45	6:45-8:45 Open Swim (2) Lap (3) @ 7:45	7:00-8:45 Open Swim (2) Lap (3) @ 7:45	6:00-7:45 Open Swim (2) Lap (3) @ 7:15		

Open Swim

Youth age 10 and older may swim unsupervised by a parent or guardian. Children 9 and under must have an adult in the water supervising them at all times. Children under the age of 5 or unable to swim and/or using any type of approved floatation device in the shallow end must have a parent within arm's reach at all times.

November Pool Schedule is for Wednesday, November 1-Thursday, November 30.

Reminder: The Y is closed on Thursday, November 23 for Thanksgiving.