



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER 17–NOVEMBER 3, 2018 POOL SCHEDULE

Schedule Begins
09/17/18 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
maximum 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 at any
time at the
discretion of the Y.
Updated: 9/17/18
jlb

Mon	Tues	Wed	Thurs	Fri	Sat
5:15–8:50 Lap (4) Walking/ Open Exercise (2)	5:15–8:50 Lap (4) Walking/ Open Exercise (2)	5:15–8:50 Lap (4) Walking/ Open Exercise (2)	5:15–8:50 Lap (4) Walking/ Open Exercise (2)	5:15–8:50 Lap (4) Walking/ Open Exercise (2)	6:45–8:50 Lap (4) Walking/ Open Exercise (2)
9:00–9:30 Water, Stretch & Balance (5) Lap (1)	9:00–10:00 Aqua Power Hour (4/5) Lap (2/1*)	9:00–9:30 Water, Stretch & Balance (5) Lap (1)	9:00–10:00 Aqua Power Hour (4/5) Lap (2/1*)	9:00–9:30 Water, Stretch & Balance (5) Lap (1)	9:00–10:00 Deep H2O (4/5) 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 (4/5) Lap (2/1*)	
10:45 –4:50 Open Swim (3) Lap (3)	10:45 –4:20 Open Swim (3) Lap (3)	10:45 –4:50 Open Swim (3) Lap (3)	10:45 –4:20 Open Swim (3) Lap (3)	10:45 –6:00 Open Swim (3) Lap (3)	10:15–2:45 Open Swim (3) Lap (3)
5:00–6:00 Burst Fit (4) Lap (2)		5:00–6:00 Burst Fit (4) Lap (2)			
	4:30–6:45 Swim Lessons (3) Lap (3–until 6pm, then 0 from 6–7)		4:30–6:45 Swim Lessons (3) Lap (3–until 6pm, then 1 from 6–7)		
6:00–7:00 Swim Team (5) Lap Swim (1)	6:00–7:00 Swim Team (3) Lap Swim (0)	6:00–7:00 Swim Team (5) Lap Swim (1)	6:00–7:00 Swim Team (3) Lap Swim (1)		
7:00–7:30 Swim Team (3) Open Swim (2+Teach Pool) Lap Swim (1)	7:00–7:30 Swim Team (3) Open Swim (2+Teach Pool) Lap Swim (1)	7:00–7:30 Swim Team (3) Open Swim (2+Teach Pool) Lap Swim (1)	7:00–7:30 Swim Team (3) Open Swim (2+Teach Pool) Lap Swim (1)		
7:30–8:45 Open Swim (3) Lap (3)	7:30–8:45 Open Swim (3) Lap (3)	7:30–8:45 Open Swim (3) Lap (3)	7:00–8:45 Open Swim Lap (3)	6:00–7:45 Open Swim (3) Lap (3)	

Policy for Youth During Open Swim

Youth age 10 and older may swim unsupervised by an adult. 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 flotation device in the shallow end must have a parent within arm's reach at all times. Children with approved flotation devices (Coast Guard approved lifejackets or Coast Guard approved puddle-jumpers at the lifeguards' discretion) must stay where the child can touch the bottom at all times.

