



## DANVILLE FAMILY YMCA

### POOL SCHEDULE: November 4–November 30, 2018

| SUNDAY                                | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|---------------------------------------|--|---|--|---|--|--|
|                                       | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)    | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)   | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)    | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)   | 5:15-8:50<br>Lap (4)<br>Walking/Open Exercise (2)    | 6:45-8:50<br>Lap (4)<br>Walking/Open Exercise (2)                |
|                                       | 9:00-9:30<br>Water, Stretch & Balance (5)<br>Lap (1) | 9:00-10:00<br>Aqua Power Hour (4)<br>Lap (2)        | 9:00-9:30<br>Water, Stretch & Balance (5)<br>Lap (1) | 9:00-10:00<br>Aqua Power Hour (4)<br>Lap (2)        | 9:00-9:30<br>Water, Stretch & Balance (5)<br>Lap (1) | 9:00-10:00<br>Deep Water (4)<br>Lap (2)                          |
|                                       | 9:30-10:30<br>Water in Motion (5)<br>Lap (1)         |   | 9:30-10:30<br>Water in Motion (5)<br>Lap (1)         |   | 9:30-10:30<br>Water in Motion (5)<br>Lap (1)         |  |
| 1:15-4:45<br>Open Swim (3)<br>Lap (3) | 10:45-4:50<br>Open Swim (3)<br>Lap (3)               | 10:15-4:20<br>Open Swim (3)<br>Lap (3)              | 10:45-4:50<br>Open Swim (3)<br>Lap (3)               | 10:15-4:20<br>Open Swim (3)<br>Lap (3)              | 10:45-5:00<br>Open Swim (3)<br>Lap (3)               | 10:15-2:45<br>Open Swim (3)<br>Lap (3)                           |
|                                       | 5:00-6:00<br>Burst Fit (4)<br>Lap (2)                |   | 5:00-6:00<br>Burst Fit (4)<br>Lap (2)                |   |  |  |
|                                       |  | 4:30-6:45<br>Swim Lessons (3)<br>Lap (3)            |  | 4:30-6:30<br>Swim Lessons (3)<br>Lap (3)            |  |  |
|                                       | 6:00-7:00<br>Swim Team (5)<br>Lap (1)                | 6:00-7:00<br>Swim Team & Swim Lessons<br>Lap (0)    | 6:00-7:00<br>Swim Team (5)<br>Lap (1)                | 6:00-7:00<br>Swim Team & Swim Lessons<br>Lap (1)    |  | Home Swim Meet Nov 17 <sup>th</sup><br>– Pool will close at 10am |
|                                       | 7:00-7:45<br>Swim Team (3)                           | 7:00-7:45<br>Swim Team (3)                          | 7:00-7:45<br>Swim Team (3)                           | 7:00-7:45<br>Swim Team (3)                          | 5:00-6:00<br>Swim Team (3)                           |  |
|                                       | 7:00-7:45<br>Open Swim (2+Teaching Pool)<br>Lap (1)  | 7:00-7:45<br>Open Swim (2+Teaching Pool)<br>Lap (1) | 7:00-7:45<br>Open Swim (2+Teaching Pool)<br>Lap (1)  | 7:00-7:45<br>Open Swim (2+Teaching Pool)<br>Lap (1) | 5:00-6:00<br>Open Swim (2+Teaching Pool)<br>Lap (1)  |  |
|                                       | 7:45-8:45<br>Open Swim (3)<br>Lap (3)                | 7:45-8:45<br>Open Swim (3)<br>Lap (3)               | 7:45-8:45<br>Open Swim (3)<br>Lap (3)                | 7:45-8:45<br>Open Swim (3)<br>Lap (3)               | 6:00-7:45<br>Open Swim (3)<br>Lap (3)                |  |

Parentheses indicates 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 due to special programs.

Policy for Youth during Open Swim: Swimmers 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 any child unable to swim and/or using an approved floatation device in the shallow end must have an adult within arm's reach at all times. Children with approved floatation devices (Coast Guard approved lifejackets and puddle jumpers) must stay where the child can touch the bottom at all times.