 DANVILLE FAMILY YMCA

POOL SCHEDULE: March 1-14, 2019

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  | 5:15-8:50Lap (4)Walking/Open Exercise (2) | 5:15-8:50Lap (4)Walking/Open Exercise (2) | 5:15-8:50Lap (4)Walking/Open Exercise (2) | 5:15-8:50Lap (4)Walking/Open Exercise (2) | 5:15-8:50Lap (4)Walking/Open Exercise (2) | 6:45-8:50Lap (4)Walking/Open Exercise (2) |
|  | 9:00-9:30Water, Stretch & Balance (5)Lap (1) | 9:00-10:00Aqua Power Hour (4)Lap (2) | 9:00-9:30Water, Stretch & Balance (5)Lap (1) | 9:00-10:00Aqua Power Hour (4)Lap (2) | 9:00-9:30Water, Stretch & Balance (5)Lap (1) | 9:00-10:00Deep Water (4)Lap (2) |
|  | 9:30-10:30Water in Motion (5)Lap (1) |  | 9:30-10:30Water in Motion (5)Lap (1) |  | 9:30-10:30Water in Motion (5)Lap (1) |  |
| 1:15-4:45 Open Swim (3) Lap (3) | 10:45-4:50Open Swim (3)Lap (3) | 10:15-4:20Open Swim (3)Lap (3) | 10:45-4:50Open Swim (3)Lap (3) | 10:15-4:20Open Swim (3)Lap (3) | 10:45-5:00Open Swim (3)Lap (3) | 10:15-2:45Open Swim (3)Lap (3) |
|  | 5:00-6:00Burst Fit (4)Lap (2) |  | 5:00-6:00Burst Fit (4)Lap (2) |  |  |  |
|  |  | 4:30-6:00Swim Lessons(3)Lap (3) |  | 4:30-6:00Swim Lessons(3)Lap (3) |  |  |
|  | 6:00-7:00Swim Team (4)\*Lap (2) | 6:00-7:00Swim Team (4) & Swim LessonsLap (0) | 6:00-7:00Swim Team (4)\*Lap (2) | 6:00-7:00Swim Team (5) & Swim LessonsLap (1)-lane to set by guards |  |  |
|  | 7:00-7:45Swim Team (3) | 7:00-7:45Swim Team (3) | 7:00-7:45Swim Team (3) | 7:00-7:45Swim Team (3) | 5:00-6:00Swim Team (3) |  |
|  | 7:00-7:45Open Swim (2+Teaching Pool)Lap (1) | 7:00-7:45Open Swim (2+Teaching Pool)Lap (1) | 7:00-7:45Open Swim (2+Teaching Pool)Lap (1) | 7:00-7:45Open Swim (2+Teaching Pool)Lap (1) | 5:00-6:00Open Swim (2+Teaching Pool)Lap (1) |  |
|  | 7:45-8:45Open Swim (3)Lap (3) | 7:45-8:45Open Swim (3)Lap (3) | 7:45-8:45Open Swim (3)Lap (3) | 7:45-8:45Open Swim (3)Lap (3) | 6:00-7:45Open Swim (3)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.

\*The lane available during swim team is open and closest to the locker room ramps. This is to allow the coach to have access to the very young and beginner swimmers in the swim team program and be able to have them in a lane where she can walk up and down the pool alongside them during practice, if necessary.

Updated: jlb 2/15/19