



Nov 1-Dec 31 Pool Schedule

SUN	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	9:00-10:00 Aqua Power Hour	9:00-9:30 Water Stretch & Balance	9:00-10:00 Aqua Power Hour	9:00-9:30 Water Stretch & Balance	9:00-10:00 H2O Deep
	9:30-10:30 Water in Motion		9:30-10:30 Water in Motion		9:30-10:30 Water in Motion	
	10:45-1:00 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-1:00 Open Swim (3) Lap (3)	10:15-4:20 Open Swim (3) Lap (3)	10:45-1:00 Open Swim (3) Lap (3)	10:15-1:45 Open Swim (3) Lap (3)
1:15-3:45 Open Swim (3) Lap (3)	1:00-4:00 Closed		1:00-4:00 Closed		1:00-4:00 Closed	
	4:00-5:00 Open Swim (3) Lap (3)		4:00-5:00 Open Swim (3) Lap (3)		4:00-5:00 Open Swim (3) Lap (3)	
	5:00-6:00 Burst Fit	4:30-6:45 Swim Lessons	5:00-6:00 Burst Fit	4:30-6:30 Swim Lessons		
	5:30-7:45 Swim Team	6:00-7:45 Swim Team Lap (0)	5:30-7:45 Swim Team	6:00-7:45 Swim Team Lap (0)	5:00-6:45 Swim Team	
					5:00-6:45 Open Swim (2) Lap (1)	

Updated 11/1/2021 KDD

Parentheses indicates number of lanes available for each activity. Please ask the lifeguard for what lanes are available.

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.

During our Aquatics Programs (water exercise classes, swim lessons, swim team) the open spaces in the pool are not available for exercise or play due to insurance purposes and safety for our participants in those programs. Please do not swim through the programs to get to the lap lanes. Ask for assistance from the lifeguard if you must cross through so the instructors can stop their classes and be aware of others in their instructional space.

During swim team, the available lap lanes are the open lanes closest to the locker room ramps.

Please see back for available lap swim lanes during our program times.

LAP SWIM AVAILABILITY DURING AQUATIC PROGRAMMING

TIME	DAY	# OF LANES AVAILABLE	AQUATIC PROGRAM
9:00-10:30 a.m.	Mon/Wed/Fri	1 Lane Available	Water Exercise Class
9:00-10:00 a.m.	Tues/Thurs	2 Lane Available	Water Exercise Class
5:00-5:30 p.m.	Mon/Wed	3 Lanes Available	Water Exercise Class
4:30-6:00 p.m.	Tues/Thurs	3 Lanes Available	Swim Lessons
5:30-7:00 p.m.	Mon/Wed	1 Lane Available	Swim Team
6:00-7:00 p.m.	Tues/Thurs	0 Lanes Available	Swim Lessons & Swim Team
5:00-6:45 p.m.	Fri	1 Lane Available	Swim Team & Open Swim

LAP SWIM GUIDELINES

- **Do not play or swim across lane lines.**
- **During peak hours we encourage lane sharing. Two per lane can swim one on each side of the lane. Three or more can circle swim.**
- **Swim on the right.**
- **Share up to four swimmers.**
- **Be courteous to those sharing a lane—enter gently, feet first.**
- **The Y has kickboards and pull buoys to borrow for swimmers, but any other lap swim equipment is the responsibility of the swimmer.**