



AQUATICS PROGRAM SCHEDULE

TRI-CITIES FAMILY YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Pool Schedule Fall 2011	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Welcome back Y swimmers! There are some changes around the pool. We have new lane markers (different color and design) and new format for Pool Schedule.</p> <p>Lap Swimming Tips Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.</p> <p>Directions If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.</p>	5:30-9:00 Adult Lap Swim (all lanes)	5:30-9:00 Adult Lap Swim (all lanes)	5:30-9:00 Adult Lap Swim (all lanes)	5:30-9:00 Adult Lap Swim (all lanes)	5:30-9:00 Adult Lap Swim (all lanes)		
	9:00-9:30 Pool Closed	9:00-9:30 Pool Closed	9:00-9:30 Pool Closed	9:00-9:30 Pool Closed	9:00-9:30 Pool Closed	7:00-9:30 Adult Lap	
	9:30-10:30 Waterworks	9:30-10:00 Open/Lap	9:30-10:30 Waterworks	9:30-10:30 Open/Lap	9:30-10:30 Waterworks	9:30-11:30 Lessons	
	10:30-11:30 Lessons/Lap	10:00-11:30 Lessons/Lap	10:30-11:30 Lessons/Lap	10:30-11:30 Open/Lap	10:30-11:30 Open/Lap	11:30-5:30 Open/Lap	12:00-1:30 Adult Lap
	11:30-1:30 Adult Lap (all lanes)	11:30-1:30 Adult Lap (all lanes)	11:30-1:30 Adult Lap (all lanes)	11:30-1:30 Adult Lap (all lanes)	11:30-1:30 Adult Lap (all lanes)	5:30 CLOSED	1:30-4:30 Open/Lap
	1:30-2:30 Active Older Adults (AOA)	1:30-6:30 Open/Lap	1:30-2:30 Active Older Adults (AOA)	1:30-5:00 Open/Lap	1:30-2:30 Active Older Adults (AOA)		4:30 CLOSED
	2:30-5:00 Open/Lap	6:30-7:30 Waterworks	2:30-6:00 Open/Lap	5:00-6:30 Lessons	2:30-6:30 Open/Lap		
	5:00-7:15 Lessons	7:30-9:30 Open/Lap	6:00-6:45 Lessons	6:30-7:30 Waterworks	6:30-9:30 Family Swim		
	7:15-9:30 Open/Lap		6:45-9:30 Open/Lap	7:30-9:30 Open/Lap			
	9:30 CLOSED	9:30 CLOSED	9:30 CLOSED	9:30 CLOSED	9:30 CLOSED		

Speed

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

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ONE Y DRIVE

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