



AQUATICS

POOL SCHEDULE - WINTER

TRI-CITIES FAMILY YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Pool Schedule Winter 2012 Jan 9 - April 22

Welcome back Y swimmers! There are some changes around the pool: new lane markers (color and design) and new format for Pool Schedule.

Heading 3 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 acknowledgment that you are there. Please get kickboards, pull bouys, etc. before entering the pool.

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.

Speed

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00 Lap Swim (all lanes)	5:30-9:00 Lap Swim (all lanes)	5:30-9:00 Lap Swim (all lanes)	5:30-9:00 Lap Swim (all lanes)	5:30-9:00 Lap Swim (all lanes)	5:30-9:00 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		7:00-9:30 Lap Swim	12:00-1:30 Lap Swim
9:30-10:30 Waterworks	9:30-10:00 Open/Lap	9:30-10:30 Waterworks	9:30-10:30 Waterworks	9:30-11:30 Open/Lap	9:00-9:30 Pool Closed	11:30-5:30 Open/Lap	
10:30-11:30 Lessons/Lap	10:00-11:30 Lessons/Lap	10:30-11:00 Lessons/Lap	11:00-11:30 Open/Lap	11:30-1:30 Lap Swim (all lanes)	9:30-10:30 Waterworks		4:30 CLOSED
11:30-1:30 Lap Swim (all lanes)	11:30-1:30 Lap Swim (all lanes)	11:30-1:30 Lap Swim (all lanes)	11:30-1:30 Lap Swim (all lanes)	1:30-5:00 Open/Lap	10:30-11:30 Open/Lap	5:30 CLOSED	
1:30-2:30 Active Older Adults (AOA)	1:30-6:30 Open/Lap	1:30-2:30 Active Older Adults (AOA)		5:00-6:30 Lessons	11:30-1:30 Lap Swim (all lanes)		
2:30-5:00 Open/Lap	6:30-7:30 Waterworks	2:30-6:00 Open/Lap		6:30-7:30 Waterworks	1:30-2:30 Active Older Adults (AOA)		
5:00-7:15 Lessons			6:00-6:45 Lessons		2:30-6:00 Open/Lap		
7:15-9:30 Open/Lap	7:30-9:30 Open/Lap	6:45-9:30 Open/Lap	7:30-9:30 Open/Lap	7:30-9:30 Open/Lap	6:00-9:30 Family Swim		
9:30 CLOSED	9:30 CLOSED	9:30 CLOSED	9:30 CLOSED	9:30 CLOSED	9:30 CLOSED		

Times/activities may change due to class sizes, capacities and/or pool usage.

Spring Break (April 2-8) will be a separate 1 week schedule

TRI-CITIES FAMILY YMCA
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