

YMCA POOL SCHEDULE - February 28, 2010 - April 11, 2010

revised 2/28

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|---|--|---|--|---|
| 5:15 - 8:00 am | FITNESS 5 LANES 1 Rec Lane | FITNESS 5 LANES 1 Rec Lane | FITNESS 5 LANES 1 Rec Lane | FITNESS 5 LANES 1 Rec Lane | FITNESS 5 LANES 1 Rec Lane |
| 8:00 - 9:00 am | FITNESS 3 Lanes AQUACIZE | FITNESS 5 LANES 1 Rec Lane | FITNESS 3 Lanes AQUACIZE | Fitness 5 Lanes 1 Rec Lane | FITNESS 3 Lanes AQUACIZE |
| 9:00 - 11:30 am | Fitness 2 Lanes Aquacize Swim Classes | Fitness 1 Lane Aquacize Swim Classes | Fitness 2 Lanes Aquacize Swim Classes | Fitness 1 Lane Aquacize Swim Classes | Fitness 2 Lanes Aquacize Swim Classes |
| 11:30-12:15pm | Fitness 3 Lanes Rec 2 lanes | Fitness 3 Lanes/2Rec Senior Swim | Fitness 2 Lanes Rec 1 Lane Swim Classes | Fitness 3 Lanes/2Rec Senior Swim till 1pm | Fitness 3 Lanes Rec 3 Lanes |
| 12:15 - 2:00 pm | FITNESS 2 Lanes Rec 1 Lane Swim Classes | FITNESS 2 Lanes Senior Swim 2 Lanes Swim classes | FITNESS 3 Lanes Rec 1 Lane Swim Classes @ 1pm | FITNESS 2 Lanes Rec 1 Lane Swim Classes @ 1pm | FITNESS 2 Lanes Rec 2 Lanes |
| 2:00-4 pm See Side | Fitness 2 Lanes Rec Swim 2 lanes schedule for | FITNESS 2 Lane Rec Swim 2 lanes days High School | FITNESS 2 Lanes Rec Swim 2 lanes Swim Team | FITNESS 2 Lanes Rec Swim 2 lanes will use 3 lanes | FITNESS 2 Lane Rec Swim 2 lanes from 2:30-4pm |
| 4:00-4:45pm | FITNESS 1 Lane Swim Classes | FITNESS 1 Lane Swim Classes | FITNESS 1 Lane 1 Rec Lane Swim Classes | FITNESS 1 Lane Swim Classes | Fitness 1 Lane Swim Classes |
| 4:45-5:30 pm | FITNESS 1 Lanes Swim Classes Special Olympics | FITNESS 1 Lane Swim Classes | Fitness 1 Lane Swim Classes | FITNESS 1 Lane Swim Classes | Fitness 1 Lane Swim Classes |
| 5:30-6:15 pm | Fitness 3 Lanes Rec 1 Lane | FITNESS 1 Lane Swim Team 4 lanes* | Fitness 3 Lanes Rec 1 Lane | FITNESS 1 Lane Swim Team 4 lanes | Fitness 1 Lane Swim Team 4 lanes* |
| 6:15-7:00 pm | Fitness 1 Lane Swim Team 4 lanes* | Fitness 1 Lane Swim Team 4 lanes* | Fitness 1 Lanes Swim Team 4 Lanes* | Fitness 1 Lane Swim Team 4 Lanes* | Fitness 1 Lane swim team 4 lanes* |
| 7:00-8:00 pm | FITNESS 1 Lane SwimTeam 4 lanes* | FITNESS 1 Lane Swim Classes classes end at 7:50 | FITNESS 1 Lane Swim Team 4 Lanes* | FITNESS 1 Lanes Swim Classes classes end at 7:50 | FITNESS 3 Lane Rec 3 lanes |
| 8:00-8:45 pm | FITNESS 3 Lanes Rec 2 Lanes | FITNESS 1 lane Rec Swim deep sec. Swim Class 2 lanes | FITNESS 3 Lanes Rec 2 Lanes | Fitness 1 Lane Rec Swim deep sect Swim Class 2 lanes | Fitness 3 Lanes Rec 3 lanes |
| 8:45-10:00 pm | FITNESS 2 lanes 1 Rec Lane | Fitness 2 LANES Rec 1 Lanes AquaFit class till 9:15 | FITNESS 3 Lanes Rec 2 Lanes | FITNESS 3 Lanes Rec 2 Lanes AquaFit till 9 pm | FITNESS 3 Lanes Recreation 3 Lanes |

| YMCA BUILDING HOURS |
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| MONDAY THRU FRIDAY 5:15 am - 10:00 pm |
| SATURDAY 6:30 am - 7:00 pm |
| SUNDAY 8:00 am - 5:00 pm |

| POOL SCHEDULE IS SUBJECT TO SEASONAL PROGRAM CHANGES |
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| SATURDAY 6:30am-8:00am - 6 Fitness lanes 8:00am-9am 2 Fit Lanes/swim classes 9:00 - 10 am - ONE LAP LANE 10-10:45 am - NO FIT Lane 11:00-12:45pm - 1 Fit Lane 12:45-7 pm 2 Lap Lanes, 2 Rec Lanes (more lanes will be added if Lifeguard class does not run) |

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| Sunday 8 am-10 am 3 Fit Lanes - 1 Rec lanes 10 am -5 pm 2 Fit and 2 Rec Lanes |
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| Swim Team Schedule Mon & Wed 6:30 pm - 8:00 pm Tue/Thurs 5:30-7pm Friday 5:30 pm - 7:00 pm |
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***Swim Team Ends 3/19/2010**
Creating at least 2 Lap and 2 Rec lanes during above hrs.

High School Practice Schedule
2:30-4pm 3 Lanes on the following
3/1 through 3/5 2010

High School practice ends 3/5.
After 3/5 - 3 lap and 2 rec lanes 2:30-4pm

POOL CLOSED SUNDAY
MARCH 21 8AM - Noon
for **SPECIAL OLYMPICS MEET**