




# LARGE POOL SCHEDULE

January – March 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4:45-7:00 AM	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	<b>SATURDAY</b>  7:00 AM-5:30 PM Lap Swim (4 Lanes)  Swim Lessons  Open Swim
7:00-7:45 AM	<b>Cardio &amp; Strength</b> Lap Swim (1 Lane)	Lap Swim (4 Lanes)  Rec Swim	<b>Cardio &amp; Strength</b> Lap Swim (1 Lane)	Lap Swim (4 Lanes)  Rec Swim	<b>Cardio &amp; Strength</b> Lap Swim (1 Lane)	
7:45-9:00 AM	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	Lap Swim (4 Lanes)	
9:15-9:30 AM	<b>Water Walking</b> Lap Swim (4 Lanes)	<b>Water Walking</b> Lap Swim (4 Lanes)	<b>Water Walking</b> Lap Swim (4 Lanes)	<b>Water Walking</b> Lap Swim (4 Lanes)	<b>Water Walking</b> Lap Swim (4 Lanes)	
9:30-10:15 AM	<b>Cardio &amp; Strength</b> Lap Swim (1 Lane)	<b>Tabata</b> Lap Swim (2 Lanes)	<b>Bootcamp</b> Lap Swim (1 Lane)	<b>Deep Water</b> Lap Swim (2 Lanes)	<b>Cardio &amp; Strength</b> Lap Swim (1 Lane)	<b>SUNDAY</b>  12:00-5:30 PM Lap Swim (4 Lanes)  Open Swim  Swim Lessons  Aqua Zumba (12:15-1:15)
10:30-11:15 AM	<b>Water Arthritis</b> Lap Swim (1 Lane)	Lap Swim (4 Lanes) Rec Swim	<b>Water Arthritis</b> Lap Swim (1 Lane)	Lap Swim (4 Lanes) Rec Swim	<b>Water Arthritis</b> Lap Swim (1 Lane)	
11:15AM-3:00 PM	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	
3:00-5:00 PM	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	<b>Aqua Zumba (4-5)</b> Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	Lap Swim (4 Lanes) Rec Swim	
5:00-7:30 PM <i>Swim Team M-F Lanes 1-4 5:30-8:30</i> 	<b>Water Aerobics</b> (6-7pm In Lane 6)  Lap Swim (Lane 5)  Rec Swim (Lane 6)  Swim Lessons	Lap Swim (Lane 5)  Rec Swim (Lane 6)	<b>Water Aerobics</b> (6-7pm In Lane 6)  Lap Swim (Lane 5)  Rec Swim (Lane 6 – Deep End from 6-7pm)	Lap Swim (Lane 5)  Rec Swim (Lane 6)  Swim Lessons	Lap Swim (Lane 5)  Rec Swim (lane 6)	
7:30-8:30 PM <i>Swim Team M-F Lanes 1-4 5:30-8:30</i> 	Lap Swim (Lane 5)  Rec Swim (Lane 6)	Lap Swim (Lane 5)  Rec Swim (Lane 6)	Lap Swim (Lane 5)  Rec Swim (lane 6)	Lap Swim (Lane 5)  Rec Swim (Lane 6)	Lap Swim (Lane 5)  Rec Swim (lane 6)	

## SMALL POOL

Current Small Pool Hours: 12-2pm

### Small Pool hours change

1/19/20-

The small pool will be open for free swim on Sunday's from 3:00-5:00pm due to swim lessons.

## Program Schedules

**\*Swim Team** | Monday – Friday 5:30 – 8:30 (October 2019–March 2020)

**\*Swim Lessons** | Monday's, Thursday's, Saturday's, Sundays (January 13<sup>th</sup> – March 8<sup>th</sup>)  
Monday's 5-7:30pm | Thursday's 5-7:30pm | Saturday's 9-11am | Sunday's 12:30-2:30pm

## Facility Closures

The Y is OPEN on MLK Day

## Swim Lesson Pool & Lane Assignments

	Assignments	
Monday →	5:00-5:30 PM -- PS 1   sm	
	5:35-6:15 PM -- SA 1   sm	
	6:20-7:00 PM -- SA 2   sm	
Monday →	5:30-6:00 PM -- PS 3/4   sm	
	6:05-6:45 PM -- SA 2   sm	
	6:50-7:30 PM -- SA 5/6   lg	Lane 6
Monday →	5:00-5:30 PM -- P/C   lg	Lane 6
	5:35-6:15 PM -- ADULT 1 Intermediate   lg	
	6:20-7:00 PM -- ADULT 2 Beginner   lg	
Thursday →	5:00 - 5:30 PM -- PS 3/4   sm	
	5:35 - 6:15 PM -- SA 3   lg	Lane 5
	6:20 - 7:00 PM -- SA 5/6   lg	Lane 6
Thursday →	5:30 - 6:00 PM -- PS 1   sm	
	6:10 - 6:40 PM -- PS 2   sm	
	6:50 - 7:30 PM -- SA 4   lg	Lane 5
Saturday →	9:00 - 9:30 AM -- P/C   lg	Lane 6
	9:40 - 10:10 AM -- PS 2   sm	
	10:20 - 11:00AM -- SA 3   lg	Lane 5
Saturday →	9:00 - 9:30 AM -- PS 1   sm	
	9:35 - 10:15 AM -- SA 1   sm	
	10:20 - 11:00 AM -- SA 2   sm	
Sunday →	12:30 - 1:00 PM -- PS 1   sm	
	1:10 - 1:50 PM -- SA 3   lg	Lane 5
	2:00 - 2:30 PM -- P/C   lg	
Sunday →	12:30 - 1:10 PM -- SA 4   lg	Lane 5
	1:15 - 1:45 PM -- PS 2   sm	
	1:50 - 2:20 PM -- SA 3   lg	Lane 5

\*Swim Lessons | (January 13<sup>th</sup> – March 8<sup>th</sup>)  
Monday's, Thursday's, Saturday's, Sundays

Monday's 5-7:30pm  
Thursday's 5-7:30pm  
Saturday's 9-11am  
Sunday's 12:30-2:30pm