

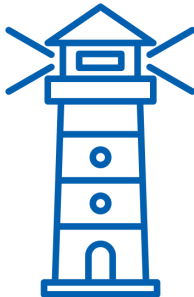




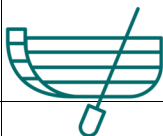




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lap Pool

## August 25 – 31

Pool schedule subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	5:00 – 8:55 Lap Swim – 6 lanes	7:00 – 9:00 Lap Swim – 6 lanes	
9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane	9:00 – 10:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes	9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane	9:00 – 10:00 Deep Water Fitness – 4 lanes Lap Swim – 2 lanes	9:00 – 9:45 Active Fitness – 5 lanes Lap Swim – 1 lane	9:00 – 11:00 Lessons – 2 lanes Lap Swim – 4 lanes	
9:50 – 10:35 Active Fitness – 3 lanes Lap Swim – 3 lanes		9:50 – 10:35 Active Fitness – 3 lanes Lap Swim – 3 lanes		9:50 – 10:35 Active Fitness – 3 lanes Lap Swim – 3 lanes		
11:00 – 12:00 Deep Water Running – 4 lanes Lap Swim – 2 lanes	10:00 – 4:00 Lap Swim – 6 lanes		10:00 – 4:00 Lap Swim – 6 lanes			
 12:00 – 4:00 Lap Swim – 6 lanes		10:35 – 4:00 Lap Swim – 6 lanes		10:35 – 4:15 Lap Swim – 6 lanes	11:00 – 5:30 Lap Swim – 6 lanes	11:00 – 2:00 Lessons – 2 lanes Lap Swim – 4 lanes
						2:00 – 5:30 Lap Swim – 6 lanes
4:00 – 6:00 Lessons – 4 lanes Lap Swim – 2 lanes	4:00 – 7:00 Lessons – 4 lanes Lap Swim – 2 lanes	4:00 – 6:00 Lessons – 4 lanes Lap Swim – 2 lanes	4:00 – 7:00 Lessons – 4 lanes Lap Swim – 2 lanes	4:15 – 5:00 Deep Water Running – 4 lanes Lap Swim – 2 lanes		
6:00 – 9:30 Lap Swim – 6 lanes	7:00 – 9:30 Lap Swim – 6 lanes	6:00 – 9:30 Lap Swim – 6 lanes	7:00 – 9:30 Lap Swim – 6 lanes	5:00 – 9:30 Lap Swim – 6 lanes		

### Helpful Things To Know

- Swimmers should **ALWAYS** share available lap lanes – circle swimming during peak pool usage times is encouraged. Please make sure the swimmer knows you are joining them prior to starting your lap swim.
- Please limit swim time when others are waiting.
- You must be at least 15 years of age and wearing appropriate attire to use the Whirlpool, Sauna and Steam Room.
- Underwater breath holding activities are prohibited in YMCA pools. Please review all posted pool rules prior to swimming.