

# POOL SCHEDULE

LEANING TOWER YMCA | WINTER 2019 | JANUARY 7 - FEBRUARY 17

LAST UPDATED 1/4/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Schedule is subject to change without notice. <b>Private lessons have priority over lanes.</b></p> <p><b>Age:</b> Swimmers under the age of 8 must have a parent or guardian present in the water.</p> <p><b>Swim Test (Under 18):</b> To swim in the deep water you must swim 25 yds with face in &amp; tread water for 30 seconds.</p> <p><b>Floating Devices:</b> Inflatable floatation devices not allowed</p>	<b>6-10:30 am</b> Lap Swim (3) Walking (1)	<b>6-6:30 am</b> Lap Swim (3) Walking (1)  <b>6:30-7:30 am</b> Aqua Fit (2) Lap (2)	<b>6-10:30 am</b> Lap Swim (3) Walking (1)	<b>6-6:30 am</b> Lap Swim (3) Walking (1)  <b>6:30-7:30 am</b> Aqua Fit (2) Lap (2)	<b>6-10:30 am</b> Lap Swim (3) Walking (1)	<b>6-7am</b> Lap Swim (3) Walking (1)  <b>7 - 7:45 am</b> Tri Training (2) Lap Swim (2)	<b>6-10 am</b> Lap Swim (3) Walking (1)	
	<b>10:30-11:30am</b> Aqua Fit (3) Lap (1)	<b>7:30-9:30 am</b> Lap Swim (3) Walking (1)	<b>10:30-11:30am</b> Aqua Fit (3) Lap (1)	<b>7:30-9:30 am</b> Lap Swim (3) Walking (1)	<b>10:30-11:30am</b> Aqua Fit (3) Lap (1)	<b>7:45-8:45 am</b> Aqua Fit (3) Lap (1)	<b>10:00-1 pm</b> Lessons (3) Lap (1)	
	<b>11:30-12:30pm</b> Tot Swim (2) Lap (2)	<b>9:30-10:30 am</b> Aqua Zumba (2) Lap (2)	<b>11:30-12:30pm</b> Tot Swim (2) Lap (2)	<b>9:30-10:30 am</b> Aqua Zumba (2) Lap (2)	<b>11:30-12:30pm</b> Tot Swim (2) Lap (2)	<b>9 - 12 pm</b> Lessons (3) Lap (1)		
	<b>12:30-4 pm</b> Lap Swim (3) Walking (1)  <u>1/21 only</u> <b>2 - 3 pm</b> <u>Schools out (2)</u> <b>Lap (2)</b>	<b>10:30-11:30am</b> AOA Aqua Fit (3) Lap (1)  <b>11:30-1:00 pm</b> Senior Swim (2) Lap (2)	<b>12:30-4 pm</b> Lap Swim (3) Walking (1)	<b>10:30-11:30am</b> AOA Aqua Fit (3) Lap (1)  <b>11:30-1:00 pm</b> Senior Swim (2) Lap (2)	<b>12:30-4 pm</b> Lap Swim (3) Walking (1)  <u>2/1 only</u> <b>2 - 3 pm</b> <u>Schools out (2)</u> <b>Lap (2)</b>	<b>12 - 4:30 pm</b> Open Swim (2) Lap (2)		<b>1 - 4:00 pm</b> Open Swim (2) Lap (2)
	<b>4 - 7 pm</b> Swim Lessons (2) Lap Swim (2)	<b>1:00-4:00p</b> Lap Swim (3) Walking (1)	<b>4 - 7 pm</b> Swim Lessons (3) Lap Swim (1)	<b>1:00-4:00pm</b> Lap Swim (3) Walking (1)	<b>4 - 6:15 pm</b> Swim Lessons (3) Lap Swim (1)			
	<b>7 - 7:45pm</b> Aqua Fit (2) Swim Lessons (1) Lap (1)	<b>4:00-6:30 pm</b> Open Swim (2) Lap Swim (2)	<b>7 - 7:15 pm</b> Lap Swim (2) Walking (2)	<b>4:00-6:30 pm</b> Open Swim (2) Lap Swim (2)	<b>6:15 - 8 pm</b> Open Swim (2) Lap Swim (2)	<b>4:30-6:30 pm</b> Lap Swim (3) Walking (1)		
	<b>7:45 -8:15 pm</b> Aqua Fit (2) Lap(2)	<b>6:30 - 9:30 pm</b> Lap Swim (4)	<b>7:15 - 8:15 pm</b> Aqua Fit (2) Lap Swim (2)	<b>6:30 - 9:30 pm</b> Lap Swim (3) Walking (1)	<b>8 - 9:30 pm</b> Lap Swim (4)			
	<b>8:15 - 9:30 pm</b> Lap Swim (3) Walking (1)		<b>8:15 - 9:30 pm</b> Lap Swim (4)					

*Guards may close pool for a 10 minute break*

## Descriptions

**Lap Swim:** To avoid accidents notify swimmer of your arrival. Please choose a lane where swimmer is a similar speed. Circle swim is required if there are more than 2 patrons in a lane.

**Senior Swim:** 55+ only social swim

**Open Swim:** All ages may attend

**Walking:** A area designated for walking and independent exercise

**Tot Swim:** Toddlers 5 and under with parent