

POOL SCHEDULE

LEANING TOWER YMCA | SPRING 1 2018 | FEBRUARY 19 - APRIL 15

LAST UPDATED 2/19/2018

Schedule is subject to change without notice.

Private lessons have priority over lanes.

Age: All swimmers under the age of 8 must have a parent or guardian present in the water.

Non-swimmers must be within arms-reach of parent at all times

Swim Test: Anyone under 18 who wishes to swim in the deep water must swim 25 yds with face in and tread water for 30 seconds

Floation Devices: Coast Guard approved life jackets allowed. No inflatable or swim aids permitted

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6-10:30 am Lap Swim (3) Walking (1)	6-6:30 am Lap Swim (3) Walking (1) 6:30-7:30 am Aqua Fit (2) Lap (2)	6-9:30 am Lap Swim (3) Walking (1)	6-6:30 am Lap Swim (3) Walking (1) 6:30-7:30 am Aqua Fit (2) Lap (2)	6-9:30 am Lap Swim (3) Walking (1)	6-6:45am Lap Swim (3) Walking (1) 6:45 - 7:45 am Tri Training (2) Lap Swim (2)	6-10 am Lap Swim (3) Walking (1)
	10:30-11:30am Aqua Fit (3) Lap (1)	7:30-9:30 am Lap Swim (3) Walking (1)	10:30-11:30am Aqua Fit (3) Lap (1)	7:30-9:00 am Lap Swim (3) Walking (1)	10:30-11:30am Aqua Fit (3) Lap (1)	7:45-8:45 am Aqua Fit (2) Lap (2)	10:00-12:15pm Lessons (3) Lap (1)
	11:30-12:30pm Tot Swim (2) Lap (2)	9:30-10:30 am Aqua Zumba (2) Lap (2)	11:30-12:30pm Tot Swim (2) Lap (2)	9:30-10:30 am Aqua Zumba (2) Lap (2)	11:30-12:30pm Tot Swim (2) Lap (2)	9:00-11:15 am Lessons (3) Lap (1)	
	12:30-4 pm Lap Swim (4) <u>2 - 3 pm</u> <u>Schools out (2)</u> <u>Lap (2)</u> <u>2/19 & 3/26</u> <u>only</u>	10:30-11:30am AOA Aqua Fit (3) Lap (1) 11:30-1:00 pm Senior Swim (2) Lap (2)	12:30-4 pm Lap Swim (4) <u>2 - 3 pm</u> <u>Schools out (2)</u> <u>Lap (2)</u> <u>3/28 only</u>	10:30-11:30am AOA Aqua Fit (3) Lap (1) 11:30-1:00 pm Senior Swim (2) Lap (2)	12:30-4 pm Lap Swim (4) <u>2 - 3 pm</u> <u>Schools out (2)</u> <u>Lap (2)</u> <u>3/30 & 4/13 only</u>		12:15-4:00 pm Family Swim (2) Lap (2)
	4 - 6:15 pm Swim Lessons (2) Lap Swim (2)	1:00-4:00pm Lap Swim (4) <u>2 - 3 pm</u> <u>Schools out (2)</u> <u>Lap (2)</u> <u>3/27 only</u>	4 - 6:45 pm Swim Lessons (2) Lap Swim (1)	1:00-4:00pm Lap Swim (4) <u>2 - 3 pm</u> <u>Schools out (2)</u> <u>Lap (2)</u> <u>3/29 only</u>	4 - 7:00 pm Swim Lessons (2) Lap Swim (2)	11:15 - 3 pm Open Swim (2) Lap (2)	
	6:15 - 7:15 pm Open Swim (2) Lap Swim (2)	4:00-6:30 pm Open Swim (2) Lap Swim (2)	6:45 - 7:15 pm Open Swim (2) Lap Swim (2)	4:00-6:30 pm Open Swim (2) Lap Swim (2)	7:00 - 8:30 pm Family Swim (2)	3 - 4:30 pm Family Swim (2) Lap (2)	
	7:15 - 8:15 pm Aqua Fit (2) Swim Lesson (1) Lap Swim (1)	6:30 - 9:30 pm Lap Swim (4)	7:15 - 8:15 pm Aqua Fit (2) Lap Swim (2)	6:30 - 9:30 pm Lap Swim (4)	8:30-9:30 pm Lap Swim	4:30-6:30 pm Lap (4)	
	8:15 - 9:30 pm Lap Swim (4)		8:15 - 9:30 pm Lap Swim (4)				

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.

Open Swim: All ages may attend

Walking: A area designated for walking and independent exercise

Tot Swim: Toddlers 5 and under with parent

Senior Swim: 55+ only social swim

Family Swim: Adult and child must accompany one another