

# POOL SCHEDULE

**LEANING TOWER YMCA | WINTER 2018 | JANUARY 8 - FEBRUARY 18**

LAST UPDATED 1/19/2018

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

**Floating 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 (2) Lap (2)	7:30-9:30 am Lap Swim (3) Walking (1)	10:30-11:30am Aqua Fit (2) Lap (2)	7:30-9:00 am Lap Swim (3) Walking (1)	10:30-11:30am Aqua Fit (2) Lap (2)	7:45-8:45 am Aqua Fit (3) Lap (1)	10:00-12:15pm Lessons (3) Lap (1)
	11:30-12:30pm Tot Swim (2) Lap (2)	9:30-10:30am Aqua Zumba (2) Lap (2)	11:30-12:30pm Tot Swim (2) Lap (2)	9:00-10:30 am Swim Lessons (1) Aqua Zumba (2) Lap (1)	11:30-12:30pm Tot Swim (2) Lap (2)	9:00 - 1 pm 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>1/15 only</u>	10:30-11:30am AOA Aqua Fit (2) Lap (2)  11:30-1:00 pm Senior Swim (2) Lap (2)	12:30-4 pm Lap Swim (4)	10:30-11:30am AOA Aqua Fit (2) Lap (2)  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>2/2 only</u>		12:15-4:00pm Family Swim (2) Lap (2)
	4 - 6:15 pm Swim Lessons (2) Lap Swim (2)	1:00-4:00pm Lap Swim (4)	4 - 6:45 pm Swim Lessons (3) Lap Swim (1)	1:00-4:00pm Lap Swim (4)	4 - 7:00 pm Swim Lessons (?) Lap Swim (?)	1 - 3 pm Open Swim (2) Lap (2)	
	6:15 - 7:15 pm Open Swim (2) Lap Swim (2)	4:00-6:30pm Open Swim (2) Lap Swim (2)	6:45 - 7:15 pm Open Swim (2) Lap Swim (2)	4:00-6:30pm 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