

POOL SCHEDULE

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

LAST UPDATED 1/5/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Schedule is subject to change without notice.</p> <p>Private lessons have priority over lanes.</p> <p>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</p> <p>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</p> <p>Floation Devices: Coast Guard approved life jackets allowed. No inflatable or swim aids permitted</p>	6-10:30 am Lap Swim (3) Walking (1)	6-6:30 am Lap Swim (3) Walking (1)	6-9:30 am Lap Swim (3) Walking (1)	6-6:30 am Lap Swim (3) Walking (1)	6-9:30 am Lap Swim (3) Walking (1)	6-9:00am Lap Swim (3) Walking (1)	6-10 am Lap Swim (3) Walking (1)	
		6:30-7:30 am Aqua Fit (2) Lap (2)	9:30-10:30am Aqua Zumba (2) Lap (2)	6:30-7:30 am Aqua Fit (2) Lap (2)	9:30-10:30am Aqua Zumba (2) Lap (2)	7:45-8:45 am Aqua Fit (2) Lap (2)		
		10:30-11:30am Aqua Fit (2) Lap (2)	7:30-10:30 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)	9:00 - 1 pm Lessons (3) Lap (1)	10:00-12:15pm Lessons (3) Lap (1)
		11:30-12:30pm Tot Swim (2) Lap (2)		11:30-12:30pm Tot Swim (2) Lap (2)	9:00-10:30 am Swim Lessons (1) Lap (3)	11:30-12:30pm Tot Swim (2) Lap (2)		
		12:30-4 pm Lap Swim (4)	10:30-11:30am AOA Aqua Fit (2) Lap (2)		10:30-11:30am AOA Aqua Fit (2) Lap (2)	12:30-4 pm Lap Swim (4)		
		2 - 3 pm <u>Schools out (2)</u> <u>Lap (2)</u> <u>1/15 only</u>	11:30-1:00 pm Senior Swim (2) Lap (2)	12:30-4 pm Lap Swim (4)	11:30-1:00 pm Senior Swim (2) Lap (2)	2 - 3 pm <u>Schools out (2)</u> <u>Lap (2)</u> <u>2/2 only</u>		
		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)	12:15-4:00pm Family 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.

Tot Swim: Toddlers 5 and under with parent

Senior Swim: 55+ only social swim

Open Swim: All ages may attend

Family Swim: Adult and child must accompany one another

Walking: A area designated for walking and independent exercise