Sage YMCA Competition Pool Schedule

Feb 23-April 15th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lane Number 1 2 3 4 5 6 7 8	Lane Number 1 2 3 4 5 6 7 8	Lane Number 1 2 3 4 5 6 7 8	Lane Number 1 2 3 4 5 6 7 8	Lane Number 1 2 3 4 5 6 7 8	Lane Number 1 2 3 4 5 6 7 8	Lane Number 1 2 3 4 5 6 7 8
5:00							
5:30							
6:00							
6:30							
7:00							Seniors
7:30							
8:00							
8:30				Deep water Cadence 8:45-9:30		Deep water Cadence 8:45-9:30	7:00-9:30 a.m
9:00							Open
9:30							
10:00							Intermediate
10:30							9:30-11 a.m
11:00							
11:30							
12:00							
12:15	Deep water Cadence 12:15-1:00						
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
3:45							
4:00							
4:30	**Facility Closings**	Age Group 4:30-5:45 p.m	Age Group 4:30-5:45 p.m	Age Group 4:30-5:45 p.m	Age Group 4:30-5:45 p.m	Age Group 4:30-5:45 p.m	
5:00	Feb-23-26th for Cleaning						
5:30	March 3&4th for meet						
5:45		Open	Open	Open	Open	Open	
6:00	Open lane is for nonpaid programming only.	Intermediate 5:45-7:15 p.m.	Intermediate 5:45-7:15 p.m.	Intermediate 5:45-7:15 p.m.	Intermediate 5:45-7:15 p.m.	Intermediate 5:45-7:15 p.m.	
6:30							
7:00							
7:15							
7:30		Senior 7:15-9:00 p.m	Senior 7:15-9:00 p.m	Senior 7:15-9:00 p.m	Senior 7:15-9:00 p.m	Senior 7:15-9:00 p.m	
8:00							
8:15							
8:30							
8:45							

During Open Swim, every child under 7 must be accompanied in the water at all times by a person 18 years or older. If the child can pass the deep water swim test, then the child may be in the water on his/her own, with a parent on the pool deck. In order to swim in deep water all swimmers 12 and under must be swim tested and wear a wrist band to signify passing. Swimmers in lap lanes must swim consecutively.

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Note: Schedule may change with no notice.