Sage YMCA Competition Pool Schedule

August | Beginning 8/8 - 9/4 | Lanes are open unless marked. Private lesson will get priority.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lane Number	Lane Number	Lane Number	Lane Number	Lane Number	Lane Number	Lane Number
	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	DWR			DWR		DWR	
9:30	DWR			DWR		DWR	
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00		D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	
3:30		D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	
4:00		D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	
4:15		D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	D155 Girls Swim Team	
4:30	POOL CLOSES						POOL CLOSES
4:45							
5:00							
5:15							
5:30							
5:45							
6:00							
6:30							
7:00							
7:15				DWR			
7:30				DWR			
8:00							
8:30							
9:00		POOL CLOSES	POOL CLOSES	POOL CLOSES	POOL CLOSES	POOL CLOSES	
9:15		POOL CLOSES	POOL CLOSES	POOL CLOSES	POOL CLOSES	POOL CLOSES	

Deep Water Running Wednesday & Friday 8:45 am - 9:30 am

SWIM TEST REQUIREMENTS: Children ages 7 or younger IF PASSED Parent or Caregiver at least 16 yrs of age in the pool area with them at all time. IF FAILED Parent/Caregiver at least 16 yrs of age must be in the water within arm's reach

Children ages 8 - 10 IF PASSED Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in all open areas of the pool IF FAILED Parent/Caregiver at least 16 yrs of age must be in the water within arm's reach

Children ages 11 - 16 IF PASSED Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in all open areas of the pool IF FAILED Parent/Caregiver at least 16 yrs of age must be in the facility. Child allowed in shallow area of pooll