Sage YMCA Competition Pool Schedule

January 8th- Feburary 22nd

	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							Seniors
7:30							7:00-9:30 a.m
8:00							
8:30				Deep water Cadence 8:45-9:30		Deep water Cadence 8:45-9:30	Open
9:00	Deep water Cadence 12:15-1:00						
9:30							
10:00							Intermediate
10:30							9:30-11 a.m
11:00							
11:30							
12:00							
12:15							
1:00							
1:30							
2:00							
2:30		D155 Swim Team 2:30 - 4:30 pm	D155 Swim Team 2:30 - 4:30 pm	D155 Swim Team 2:30 - 4:30 pm	D155 Swim Team 2:30 - 4:30 pm	D155 Swim Team 2:30 - 4:30 pm	
3:00							
3:30							
3:45							
4:00							
4:15		Open	Open	Open	Open	Open	
5:00		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	
5:30							
5:45							
6:00		Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	
6:30		5:45-7:15 p.m.	5:45-7:15 p.m.	5:45-7:15 p.m.	5:45-7:15 p.m.	5:45-7:15 p.m.	
7:00							
7:15							
7:30		Senior	Senior	Senior	Senior	Senior	
8:00		7:15-9:00 p.m	7:15-9:00 p.m	7:15-9:00 p.m	7:15-9:00 p.m	7:15-9:00 p.m	
8:15							
8:30							
9:15							

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 wirst band to signify passing. Swimmers in lap lanes must swim consecutively.

Sage YMCA * 701 Manor Road, Crystal Lake, IL 60014 * 815.459.4455 * Fax 815.459.5101

Note: Schedule may change with no notice.