

# Sage YMCA Family Pool Schedule

May 2017

	SUNDAY						MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						
	Lane Number						Lane Number						Lane Number						Lane Number						Lane Number						Lane Number												
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
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8:00	Open Swim 7-9am																																				8:00						
8:30	8:30																																										
9:00	9:00																																										
9:30	Swim Lessons 9 to 12																														Swim Lessons 9 to 12						9:30						
10:00																																					10:00						
10:30																																					10:30						
11:00	Swim Lessons 9 to 12						Aquanatics 10:45-11:45			PS									Preschool 10-11:50 Lessons			Preschool 10:45-11:15 Lessons									Swim Lessons 9 to 12						11:00						
11:30							11:30																																				
12:00							12:00																																				
12:30							H2o Flow 12-1pm												H2o Flow 12-1pm			Arthritis Fitness 12-12:45															12:30						
1:00							1:00																																				
1:30							1:30																																				
2:00	Open Swim 12-3:45																																				2:00						
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7:00							Swim Lessons 5:30-7			Swim Lessons 5:30-7									Swim Lessons 5:30-7			Swim Lessons 5:30-7			Private Swim Lessons												7:00						
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The water temperature is maintained between 86-88°.

Please note the pool schedule may change at any time without notice.

During Open/Family Swim, every child 8 and under must be accompanied in the water at all times by a person 16 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. Children 12 and under swimming the deep end must wear a wrist band from the guards. Swimmers in lap lanes must swim consecutively. No inflatable flotation devices will be permitted.

Private lessons are held at the coordination of student and instructor so may be during lap swim - private lessons take priority over lap swim.

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