

Northwest Family YMCA POOL SCHEDULE Valid 5/1/2010- 8/31/2010

INSTRUCTIONAL POOL

LAP POOL

Monday & Wed.	Tuesday & Thursday	Friday	Saturday	Sunday		Monday & Wed.	Tuesdays & Thursdays	Friday	Saturday	Sunday
Open Swim 6:00 - 9:00	Open Swim 6:00 - 10:45	Open Swim 6:00 - 9:00		Open Swim 8:00 - 9:00	6:00 AM	3 Masters 3 Lap	4 Lap 2 Open 6:00 - 8:30	3 Masters 3 Lap 6:00 - 7:00		
			7:00 AM		2 Lap					
Swim Lessons 9:00 - 3:00 Open Swim	Arthritis 10:45-2:00 No Open Swim		Swim Lessons 9:00 - 1:00		8:00 AM	1 Lesson 2 Aq. Fit	4 Lap 2 Aq. FIT 8:30 - 10:30	4 Lap 2 Aq. Fit 8:00 - 9:00	2 Aqua Fit 2 Lap 2 Lessons	
					9:00 AM	7:00 - 9:30				
	Open Swim 2:00-3:15				10:00 AM		4 Lap Lesson 2 Open 9:30-4:00	4 Lap	8:00 - 10:30	
					11:00 AM				2 Lap/1 Open	
	Swim Lessons 3:15-7:00	Open Swim 11:00 - 9:45	Open Swim 1:00 - 6:45	Open Swim 1:00 - 6:45	Noon	4 Lap	2 Open	4 Lap	10:30 - 12:00	3 Lessons 10:30 - 12:00
					1:00 PM					4 Lap 2 Aq. Fit 1:00 - 2:00
Swim Lessons 3:00-7:00	Swim Lessons 3:15-7:00				2:00 PM		2 lap/ 3 lesson 1 Open 4:00-6:15	4 Lap	4 Lap 2 Open 12:00 - 6:45	4 Lap 2 Open 2:00 - 5:00
					3:00 PM					4 Lap
No Open Swim	No Open Swim				3:00 PM		1 Lap/2 Open 3 Lessons 6:15- 7:00 (AQ. Cardio)	9:00		4 Lap/ 3 Open 1 Lesson
					4:00 PM	3 Lap/1 Open				5:00- 6:55
Open Swim 7:00-9:45	Open Swim 7:00-9:45				5:00 PM	2 Lap/1 Open 3 Lessons 4:45-5:30	2 Lap / 2 Open	9:45		
					6:00 PM	2 Lap / 2 Open 2 Lessons 5:30 - 6:15				
					7:00 PM	3 Lessons 2 Open (Deep Def.) 6:15-7:00	2 Lap / 2 Open			
					8:00 PM	2 Lap / 2 Open 2 Lessons (Deep Def.) 7:00 - 8:00	2 Lessons (Aq. Cardio) 7:00 - 8:00			
					9:00 PM	4 Lap 2 Open 8:00-9:45	4 Lap 8:00 - 9:45			
					10:00 PM					

Lap Swim -continuous lap swimming for swimmers ages 12 & up. Must use the entire length of the pool. Jogging in place and water exercise other must take place in Open Swim areas. Counterclockwise "circle swim" will be observed when more than 2 people are in a lane. Lanes may be assigned based on ability when the pool is crowded.

When entering a lane in use, please make all swimmers in the lane aware of your presence. When 3 or more people are lap swimming in a lane,

Circle swimming is required. You must swim in a counterclockwise circle so that swimmers are going in the same direction.

Open Swim- any exercise or recreational swim that is not considered lap swimming. There are times during the day where open swim is available in only one pool.

Swim Lessons - swim lessons take precedence over open swim. Please do not swim in the same lane as a swim lesson, or attempt to swim near a lesson that is taking place.

If no lesson is taking place, lesson lane reverts back into a lap lane.

Schedule is subject to change, and may be altered based on usage or non-usage.

Lifeguards have authority and final say to move lane lines at any given time.

SWIM TEST POLICY: All children under 12 years old must pass a swim test to swim without a parent in the water with them.