

# Northwest Family YMCA Lap Pool Schedule

January 1st to March 31st, 2012

Time	Monday/Wednesday						Tuesday/Thursday						Friday						Time	Saturday						Sunday										
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6		L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6					
5:30																																				
6:00			Masters Practice				Open Swim														Masters Practice															
6:30			Masters Practice																																	
7:00	Open Swim																		H2O Exercise					Pool Closed												
7:30	Open Swim																													Lap Swim				Open Swim		
8:00	Open Swim																		H2O Exercise					Pool Closed												
8:30	H2O Exercise																													Lap Swim				H2O Exercise		
9:00	H2O Exercise																		H2O Exercise					Pool Closed												
9:30	Open Swim																													Lap Swim				H2O Exercise		
10:00	Open Swim																		H2O Exercise					Pool Closed												
10:30	Open Swim																													Lap Swim				Open Swim		
11:00	Open Swim																		H2O Exercise					Pool Closed												
11:30	Open Swim																													Lap Swim				Open Swim		
12:00			Masters Practice				Open Swim													Masters Practice																
12:30			Masters Practice																																	
1:00	Open																		Open Swim					Pool Closed												
1:30	Open																													Lap Swim				Open Swim		
2:00	Open																		Open Swim					Pool Closed												
2:30	Open																													Lap Swim				Open Swim		
3:00	Open																		Open Swim					Pool Closed												
3:30	Open																													Lap Swim				Open Swim		
4:00	Open		Swim Lessons																Open Swim					Pool Closed												
4:30	Open		Swim Lessons																											Swim Lessons				Open Swim		
5:00	Open																		Open Swim					Pool Closed												
5:30	Open																													Swim Lessons				Swim Lessons		
6:00	H2O Exercise																		H2O Exercise					Pool Closed												
6:30	H2O Exercise																													Swim Lessons				Swim Lessons		
7:00	Open Swim																		Open Swim					Pool Closed												
7:30	Open Swim																													Swim Lessons				Swim Lessons		
8:00	Open Swim																		Open Swim					Pool Closed												
8:30	Open Swim																													Lap Swim				Stroke Clinic		
9:00	Open Swim																		Open Swim					Pool Closed												
9:30	Open Swim																													Lap Swim				Open Swim		
10:00	Open Swim																		Open Swim					Pool Closed												
	Open Swim																													Lap Swim				Open Swim		
	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6	L1	L2	L3	L4	L5	L6						

**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, lane reverts back to lap lane.

**H2O Exercise:** Water Aerobic classes held in the open swim area, you may swim on either side of the classes, but do not disrupt the class.

**Lap Swim:** Must use the entire length of the pool. Jogging in place and other water exercise must take place in Open Swim Area.

**Circle Swim** will be observed when more than 2 people are in a lane.