

# Spring 2012

## TOWNLAKE YMCA POOL SCHEDULE

January 7 - May 31

LAP POOL						INSTRUCTIONAL POOL*					
The TownLake YMCA reserves the right to make any changes to this schedule.											
Time	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday	Time	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
5:30	Lap Swim		Lap Swim			5:30					
6:00	Lap (3) Masters	Lap (5)	Lap (3) Masters			6:00	Open Swim	Open Swim	Open		
7:00	6-7:30	Open Swim (1)	6-7:30	Open		7:00	5:30-	5:30-	Swim	Open	
7:30	Lap (5)		Lap (5)	8:00		7:30	9(W)/12(M)	8(TH)/9(T)	5:30-9	8:00	
8:00	Open Swim (1)	7:30-10:00	Open Swim (1)	Lap (5) 8-10	Open	8:00		Yoga 8-9 (TH)		Open	Open
9:00	7:30-10:00		7:30-10:00	Open (1)	12pm	9:00	Yoga 9-10 (W)	*Yoga 9-10	*Yoga 9-10	8-10am	12pm
10:00	Aqua Fit (2)	Swim Lessons/	Aqua Fit (2)	Lap (2)		10:00	Open Swim		Open Swim		
10:30	Lap(4) 10-11:00a	Aqua Fit (3)	Lap(4) 10-11:00a	Open (1)		10:30	*Range of Motion	*Swim Lessons	*Range of Motion	*Swim Lessons	
11:00	Lap (5)	&		&		11:00					
12:00	Open Swim (1)	Lap (3)	Lap (5)	Swim	Lap (4)/	12:00	12:00-1:15	10:00-2	12:00-1:15		
1:00	11a-2:50p	10a-2p	Open Swim (1)	Lessons (3)	Swim	1:00	Open Swim			10:00-2:00	
2:00		Lap (5)		10:00-2:00	Practice (2)	2:00	1:15-2				
2:30	Lap (2)	Open (1)	11am-3pm		12-3	2:30		Open Swim	Open/	Open/	Open/
3:00	Open (1)		Lap/Open (4)	Lap (5)	Lap (5) &	3:00		/Family Swim	Family	Family	Family
3:30	&	2-4pm	AQ Programs(2)	&	open (1)	3:30	*Swim Lessons	2-4	Swim	Swim	Swim
4:00	Swim Lessons/	Lap (2)	3-4:30p	Open (1)	3:30-4:30	4:00					
5:00	Aqua Fit (3)	Open(1)			Lap/Open(5)	5:00		*Swim Lessons	1:15-9:45	2:00-6:45	12:00-5:45
5:30	2:50-8	Swim Lessons (3)	Lap (4)	2:00-6:45	Synchro (1)	5:30	2-6p				
6:00		4-8p	&		4:30-5:45	6:00		4-7:10p			
7:00			Open (2)			7:00					
8:00	Lap (5)	Lap (5)				8:00	Open Swim	Open Swim			
9:00	& Open Swim (1)	& Open Swim (1)	4:30-9:45pm	6:45	5:45	9:00	/Family Swim	/Family Swim		6:45	5:45
9:30	8:00-9:45	8:00-9:45		CLOSED	CLOSED	9:30	6-9:45	7:10-9:45		CLOSED	CLOSED
9:45	CLOSED	CLOSED	CLOSED			9:45	CLOSED	CLOSED	CLOSED		

Please see "Pool Guidelines" for rules and temperatures

Schedule subject to change - Check monthly updates posted on the pool deck

\*Inst. Pool is closed during Aq Programs (in bold) Pre-registration required

# = number lanes for designated activity