



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

APRIL 2012 - STONEY POINT YMCA

Schedule and is subject to change based on program needs.

Multiple activities are often scheduled in this pool at the same time.

Lap Swimming Tips

Although we strive to keep lap lanes available to swimmers most of the time, there are times when there are limited lanes or no lanes available. Please watch the schedule and how many lanes are available and at what times. If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format. Please try to choose a lane with swimmers that most nearly match your speed.

Program Notes

Swim lessons will run Apr. 9 through May 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8:15 Lap Swim & Water Walking	5:30 – 9:00 Lap Swim & Water Walking	5:30 – 8:15 Lap Swim & Water Walking	5:30 – 9:00 Lap Swim & Water Walking	5:30 – 8:00 Lap Swim & Water Walking	7:00 – 7:45 Lap Swim & Water Walking	
8:15 – 9:00 Water Exercise (3 lap lanes)	9:00 – 10:00 Arthritis Water Ex (3 lap lanes)	8:15 – 9:00 Water Exercise (3 lap lanes)	9:00 – 10:00 Arthritis Water Ex ((3 lap lanes)	8:00 – 9:00 Arthritis Water Ex (3 lap lanes)	7:45 – 8:30 Water Aerobics (3 lap lanes)	
9:00-12:00 Swim Lessons (4 lap lanes)	10:00 – 12:00 Open Swim (3 lap lane)	9:00-12:00 Swim Lessons (4 lap lanes)	10:00 – 12:00 Open Swim (3 lap lane)	9:00 – 10:00 Open Swim (3 lap lane)	8:30-9:00 Lap Swim & Water Walking	
12:00-1:30 Lap Swim	12:00 – 1:30 Lap Swim	12:00-1:30 Lap Swim	12:00 – 1:30 Lap Swim	12:00 – 1:30 Lap Swim	9:00-12:00 Swim Lessons (1 lap lane)	
1:30 – 5:00 Open Swim (3 lap lanes)	1:30 – 5:00 Open Swim (3 lap lanes)	1:30 – 5:00 Open Swim (3 lap lanes)	1:30 – 5:00 Open Swim (3 lap lanes)		12:00 – 3:30 Open Swim (3 lap lanes)	12:00 – 3:30 Open Swim (3 lap lanes)
5:00 – 7:00 Swim Lessons (3 lap lanes until 6)	5:00 – 7:00 Swim Lessons (2 lap lanes until 6)	5:00 – 7:00 Swim Lessons (3 lap lanes)	5:00 – 7:00 Swim Lessons (2 lap lanes until 6)		1:30 – 8:30 Community Swim (3 lap lanes)	
	6:00 – 6:45 Deep Water Ex (1 lap lane)		6:00 – 6:45 Deep Water Ex (1 lap lane)			
7:00 – 8:30 Open Swim (3 lap lanes)	7:00 – 8:30 Open Swim (3 lap lanes)	7:00 – 8:30 Open Swim (3 lap lanes)	7:00 – 8:30 Open Swim (3 lap lanes)			