



We build strong kids, strong families, strong communities.

## Stoney Point YMCA - Pool Schedule - September 2010 (subject to change based on program needs)

Sunday - Closed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Adult only lap swim times are noted. During all other lap swim times all ages are invited to swim laps....please, serious lap swimmers only. The number of available lap lanes is subject to change depending on program needs.</p>	<p><b>Adult Only Lap Swim/Water Walking*</b> 5:30 – 8:15 a.m.</p>	<p><b>Adult Only Lap Swim/Water Walking*</b> 5:30 – 9:30 a.m.</p>	<p><b>Adult Only Lap Swim/Water Walking*</b> 5:30 – 8:15 a.m.</p>	<p><b>Adult Only Lap Swim/Water Walking*</b> 5:30 – 9:00 a.m.</p>	<p><b>Adult Only Lap Swim/Water Walking*</b> 5:30 – 8:00 a.m.</p>	<p><b>Adult Only Lap Swim/Water Walking*</b> 7:00 – 8:00 a.m.</p>
	<p><b>Water Exercise</b> (3 lap lanes) 8:15 – 9:00 a.m.</p> <p><b>Swim Lessons</b> (4 lap lane) 9:00 - 11:00 a.m.</p> <p><b>Adult only Lap Swim*</b> 11:00 a.m. – 1:30 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 1:30 – 5:00 p.m.</p> <p><b>Swim Lessons</b> (2 lap lanes until 6:00) 5:00 – 7:00 p.m.</p> <p><b>Water Aerobics</b> (1 lap lanes) 6:00 – 6:45 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 7:00 – 8:30 p.m.</p> <p><b>Pool Closes at 8:30 p.m.</b></p>	<p><b>Arthritis Water Ex</b> (3 lap lanes) 9:30 – 10:30 a.m.</p> <p><b>Open Swim</b> (3 lap lanes) 10:30a.m. – 12:00p.m.</p> <p><b>Adult only Lap Swim*</b> 12:00 – 1:30 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 1:30 – 5:00 p.m.</p> <p><b>Swim Lessons</b> Ends 8/10 (1 lap lanes) 5:00 – 7:00 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 7:00 – 8:30 p.m.</p> <p><b>Pool Closes at 8:30 p.m.</b></p>	<p><b>Water Exercise</b> (3 lap lanes) 8:15 – 9:00 a.m.</p> <p><b>Swim Lessons</b> (4 lap lane) 9:00 - 11:00 a.m.</p> <p><b>Adult only Lap Swim*</b> 11:00 a.m. – 1:30 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 1:30 – 5:00 p.m.</p> <p><b>Swim Lessons</b> (2 lap lanes until 6) 5:00 – 7:00 p.m.</p> <p><b>Water Aerobics</b> (1 lap lanes) 6:00 – 6:45 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 7:00 – 8:30 p.m.</p> <p><b>Pool Closes at 8:30 p.m.</b></p>	<p><b>Arthritis Water Ex</b> (3 lap lanes) 9:30 – 10:30 a.m.</p> <p><b>Open Swim</b> (3 lap lanes) 10:30a.m. – 12:00p.m.</p> <p><b>Adult only Lap Swim*</b> 12:00 – 1:30 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 1:30 – 5:00 p.m.</p> <p><b>Swim Lessons</b> (1 lap lanes until 6:00) 5:00 – 7:00 p.m.</p> <p><b>Deep Water Ex**</b> (No lap lane available) 6:00 – 6:45 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 7:00 – 8:30 p.m.</p> <p><b>Pool Closes at 8:30 p.m.</b></p>	<p><b>Arthritis Water Ex</b> (3 lap lanes) 8:00 – 9:00 a.m.</p> <p><b>Open Swim</b> (3 lap lanes) 9:00 – 12:00 p.m.</p> <p><b>Adult only Lap Swim*</b> 12:00 – 1:30 p.m.</p> <p><b>Community/Open Swim</b> (3 lap lanes) 1:30 – 6:30 p.m.</p> <p><b>Pool closes at 6:30pm</b></p>	<p><b>Water Aerobics</b> (3 lap lanes) 8:00 – 8:45 a.m.</p> <p><b>Swim Lessons</b> (1 lap lane) 9:00 a.m. - 12:00 p.m.</p> <p><b>Open Swim</b> (3 lap lanes) 12:00 p.m. – 2:30 p.m.</p> <p><b>Pool closes at 2:30pm</b></p> <p><b>**Various sizes of float belts are available for the Deep Water Class, however if you like you may make arrangements with the Stoney Point Aquatic Director to purchase a belt of your own.</b></p>

Note: All swimmers under the age of 18 will be required to pass a swim test to be able to swim in the deep end of the pool. This test needs to be completed each time they come to the pool. For the Safety of our patrons we must maintain a 1-guard to 25-swimmer ratio; pool usage may be limited to both if at capacity. Groups with more than 5 children planning to use the pool should call ahead to notify Y staff of intentions. Attempts will be made to secure additional aquatic staff on short notice but is not guaranteed.