



YMCA

We build strong kids,
strong families, strong communities.

Carls Family YMCA

Lap Pool Schedule

(See Training Pool schedule on back)

2010
February 28-April 25
Revised

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6a-9:10a	Lap Swim 6a-9:10a	Lap Swim 6a-9:10a	Lap Swim 6a-9:10a	Lap Swim 6a-9:10a	Lap Swim 7a-8:30a***	Lap Swim 10a-12p
**Water Fitness 2 9:15a-10:30a	**Deep Adventure 9:15a-10:30a	**Water Fitness 2 9:15a-10:30a	**Deep Adventure 9:15a-10:30a	**Water Fitness 3 9:15a-10:30a (last 15 min in training pool)	*Swim Team 8:30a-10a	One lane Lap Swim and 1 lane swim lesson 12p-1p
1 lane Open Swim + 1 lane Lap swim 10:30a-12:30p Plus part of pool may be used for * Swim Lessons	Open Swim 10:30a-12:30p	Open Swim 10:30a-12:30p Plus part of pool may be used for * Swim Lessons	**Water Fitness 2 10:30a-11:30a	**Water Fitness 2 (low impact) 10:30a-11:30a	* Swim Lessons 10a-12:15p	Open Swim with slide and water features 1p-5:30p
			1 lane Open Swim + 1 lane Lap swim 11:30a-12:30p	Open Swim no slide 11:30a-12:30p	1 lane Swim Lessons + 1 lane Lap swim 12:15p-1:30p	
Lap Swim 12:30p-1:30p	Lap Swim 12:30p-1:30p	Lap Swim 12:30p-1:30p	Lap Swim 12:30p-1:30p	Lap Swim 12:30p-1:30p	Open Swim with slide and water features 1:30p-5:30p	
1 lane Open Swim + 1 lane Lap swim 1:30p-2:45p	1 lane Open Swim + 1 lane Lap swim 1:30p-2:45p	1 lane Open Swim + 1 lane Lap swim 1:30p-2:45p	1 lane Open Swim + 1 lane Lap swim 1:30p-2:45p	1 lane Lap swim + 1 lane swim lesson 1:30p-2:45p		
Pool closed 2:45p-4p	Pool closed 2:45p-4p	Pool closed 2:45p-4p	Pool closed 2:45p-4p	Pool closed 2:45p-4p		
Open Swim 4p-5p	1 lane Open Swim + 1 lane Lap swim 4p-4:45p	1 lane Open Swim + 1 lane Lap swim 4p-4:45p	1 lane Open Swim + 1 lane Lap swim 4p-4:45p	Open Swim with slide @ 5p and water features 4p-7:30p		
* Beginning Swim Team 5p-6p	* Swim Lessons 4:45p -6:15p	* Advanced Swim Team 4:45p-6p	* Swim Lessons 4:45p -6:15p			
* Beginning Swim Team 6-7p	* Intermediate Swim Team 6:15p-7:15p	* Intermediate Swim Team 6-7p	* Advanced Swim Team 6:15p-7:15p	Tri-Club 730p-8:30p		
Open Swim with and water features 7p-8:15p	**Water Fitness 2 7:15p-8:15p	Open Swim with and water features 7p-8:15p	**Water Fitness 2 7:15p-8:15p			
*Masters Swim Team 8:15p-9:30p	Lap Swim 8:15p-9:30p	1 lane Open Swim + 1 lane Lap swim 8:15p -9:15p	Lap Swim 8:15p-9:30p			

**THE POOL SCHEDULE
IS SUBJECT TO
UNANNOUNCED
CHANGE!!**

*These classes must be registered for at the front desk before you may attend.

**These classes are free to facility members. Program members can attend any water exercise class by purchasing a "water exercise punch card" at the front desk.

During Open Swim with slide our lifeguards rotate every 20 minutes. This helps to keep the guards alert. The guard rotating off the zero depth will take a 10 minute break and then go up the slide for 10 minutes. This means the slide is off for ten minutes and then on for 10 minutes.