

AQUATICS SCHEDULE - LAP POOL - LAP SWIM LANE SCHEDULE

Hale YMCA Youth & Family Center

Winter Session 1

Monday 01/07/2019 - Sunday 02/24/2019

posted 17JAN19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LANE 1	5:00AM - 7:45AM Lap Swim 9:00AM - 4:55PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 4:30PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 4:30PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 3:15PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 7:30PM Lap Swim	7:00AM-9:00AM Lap Swim 11:35AM - 5:30PM Lap Swim	9:00AM-10:00AM Lap Swim 11:35AM - 12:15PM Lap Swim
LANE 2	5:00AM - 7:45AM Lap Swim 9:00AM - 3:45PM Lap Swim 5:30PM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 3:45PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 4:30PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 3:15PM Lap Swim 4:15PM - 5:20PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 3:45PM Lap Swim 4:15PM - 7:30PM Lap Swim	7:00AM-9:00AM Lap Swim 11:35AM - 5:30PM Lap Swim	9:00AM-10:00AM Lap Swim 11:35AM - 12:15PM Lap Swim
LANE 3	5:00AM - 7:45AM Lap Swim 9:00AM - 3:45PM Lap Swim 5:30PM - 6:15PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 3:45PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 3:15PM Lap Swim 4:15PM - 8:30PM Lap Swim	5:00AM - 3:45PM Lap Swim	7:00AM-5:30PM Lap Swim	9:00AM-12:15PM Lap Swim
LANE 4	5:00AM - 7:45AM Lap Swim 9:00AM - 3:45PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 3:45PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 8:30PM Lap Swim	5:00AM - 8:45AM Lap Swim 10:00AM - 3:15PM Lap Swim 4:15PM - 5:20PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 3:45PM Lap Swim	7:00AM-5:30PM Lap Swim	9:00AM-3:30PM Lap Swim
LANE 5	5:00AM - 3:15PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 3:15PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 1:45PM Lap Swim 4:30PM - 8:30PM Lap Swim	5:00AM - 3:45PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 3:15PM Lap Swim	7:00AM-5:30PM Lap Swim	9:00AM-3:30PM Lap Swim
LANE 6	5:00AM - 3:15PM Lap Swim 4:15PM - 5:30PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 3:15PM Lap Swim 4:30PM - 5:30PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 1:45PM Lap Swim 4:30PM - 8:30PM Lap Swim	5:00AM - 3:45PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 3:15PM Lap Swim	7:00AM-5:30PM Lap Swim	9:00AM-3:30PM Lap Swim
LANE 7	5:00AM - 3:15PM Lap Swim 4:15PM - 5:30PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 3:15PM Lap Swim 4:30PM - 5:30PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 1:45PM Lap Swim 4:30PM - 5:30PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 3:45PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 3:15PM Lap Swim 6:30PM - 7:30PM Lap Swim	7:00AM-5:30PM Lap Swim	9:00AM-3:30PM Lap Swim
LANE 8	5:00AM - 3:15PM Lap Swim 4:15PM - 5:30PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 3:15PM Lap Swim 4:30PM - 5:30PM Lap Swim 7:30PM - 8:30PM Lap Swim	5:00AM - 1:45PM Lap Swim 4:30PM - 5:30PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 3:45PM Lap Swim 5:20PM - 5:45PM Lap Swim 6:30PM - 8:30PM Lap Swim	5:00AM - 7:45AM Lap Swim 9:00AM - 3:15PM Lap Swim 6:30PM - 7:30PM Lap Swim	7:00AM-5:30PM Lap Swim	9:00AM-3:30PM Lap Swim

IMPORTANT INFORMATION

Lap Swim - Swimmers must swim full pool lengths continuously. "Circle Swimming" rules apply when two or more share a lane. Please allow faster swimmers to pass when necessary.

Lap Pool Rules for Children Under 12 During Family Swim - To be allowed in the Lap Pool, all children under 12 years of age MUST either wear a lifejacket or be held by a parent of guardian over the age of 18, unless they have passed a swim test.

NO breath holding games or drills are permitted. NO head-first diving permitted, only feet-first forward facing pool entry.

Only Coast Guard Approved PFD's are allowed. Other flotation aid, including "mermaid fins", are not allowed.