

# YAQUATICS

## Summer 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Masters / Lap</b> 7 Lanes Available 5:00 AM - 9:00 AM	<b>Masters / Lap</b> 7 Lanes Available 5:00 AM - 9:00 AM	<b>Masters / Lap</b> 7 Lanes Available 5:00 AM - 9:00 AM	<b>Masters / Lap</b> 7 Lanes Available 5:00 AM - 9:00 AM	<b>Lap</b> 7 Lanes Available 5:00 AM - 9:00 AM	<b>Lap / Lessons</b> 7 Lanes Available 8:00 AM - 9:00 AM	
<b>Arthritis</b> <u>No Lanes Available</u> 9:10 AM - 11:00 AM	<b>Silver Splash / Lap</b> 2-3 Lanes Available 9:10 AM - 10:00 AM	<b>Arthritis</b> <u>No Lanes Available</u> 9:10 AM - 11:00 AM	<b>Silver Splash / Lap</b> 2-3 Lanes Available 9:10 AM - 10:00 AM	<b>Arthritis</b> <u>No Lanes Available</u> 9:10 AM - 11:00 AM	<b>Open / Lap / Lessons</b> 3-4 Lanes Available 9:00 AM - 12:00 PM	
<b>Open / Lessons / Lap</b> 2-3 Lanes Available 11:00 AM - 1:00 PM	<b>Open / Lessons / Lap</b> 2-3 Lanes Available 10:00 AM - 1:00 PM	<b>Open / Lap / Aqua Jog</b> 2-3 Lanes Available 11:00 AM - 1:00 PM	<b>Open / Lessons / Lap</b> 2-3 Lanes Available 10:00 AM - 1:00 PM	<b>Open / Lap</b> 2-3 Lanes Available 11:00 AM - 1:00 PM	<b>Open / Lap</b> 2-3 Lanes Available 12:00 PM - 5:45 PM	
<b>Arthritis</b> 1-2 Lanes Available 1:15 PM - 2:15 PM	<b>Silver Splash / Lap</b> 1-2 Lanes Available 1:15 PM - 2:15 PM	<b>Arthritis</b> 1-2 Lanes Available 1:15 PM - 2:15 PM	<b>Silver Splash / Lap</b> 1-2 Lanes Available 1:15 PM - 2:15 PM	<b>Arthritis</b> 1-2 Lanes Available 1:15 PM - 2:15 PM	↓	
<b>Open / Lap / Camp</b> 3-4 Lanes Available 2:15 PM - 4:00 PM	<b>Open / Lap / Camp</b> 3-4 Lanes Available 2:15 PM - 4:00 PM	<b>Open / Lap / Camp</b> 3-4 Lanes Available 2:15 PM - 4:00 PM	<b>Open / Lap / Camp</b> 3-4 Lanes Available 2:15 PM - 4:00 PM	<b>Open / Lap / Camp</b> 3-4 Lanes Available 2:15 PM - 4:00 PM	↓	
<b>Swim Team</b> <u>No Lanes Available</u> 4:00 PM - 5:30 PM	<b>Swim Team</b> <u>No Lanes Available</u> 4:00 PM - 5:30 PM	<b>Swim Team</b> <u>No Lanes Available</u> 4:00 PM - 5:30 PM	<b>Swim Team</b> <u>No Lanes Available</u> 4:00 PM - 5:30 PM	<b>Swim Team</b> <u>No Lanes Available</u> 4:00 PM - 5:30 PM	↓	↓
<b>Lap / Lessons</b> 1 Lane Available 5:30 PM - 6:00 PM	<b>Lessons / Lap</b> 1 Lane Available 5:30 PM - 6:00 PM	↓	<b>Lessons / Lap</b> 1 Lane Available 5:30 PM - 6:00 PM	↓		
<b>Aqua Exercise</b> 2-3 Lanes Available 6:00 PM - 7:00 PM	<b>Aqua Exercise</b> 2-3 Lanes Available 6:00 PM - 7:00 PM		<b>Aqua Exercise</b> 2-3 Lanes Available 6:00 PM - 7:00 PM			
<b>Open / Lap</b> 2-3 Lanes Available 7:00 PM - 9:30 PM	<b>Open / Lap</b> 2-3 Lanes Available 7:00 PM - 9:30 PM		<b>Open / Lap</b> 2-3 Lanes Available 7:00 PM - 9:30 PM			
						<b>Open / Lap</b> 2-3 Lanes Available 2:00 PM - 5:45 PM

### Lap Swimming:

There will be at least one lap lane available. *Except on Mondays, Wednesday and Fridays from 9:00-11:00am and Monday - Friday from 4:00-5:30pm*  
When more than two lap swimmers are in one lane, circle swimming is requested. Lap lanes may be used for additional programming if needed. During classes, the number of lanes will be determined by the class size.

**Please share lanes during busy hours.**

### Open Swim:

Children 7 and under must have parental guidance while swimming. Children 8-11 years of age must take a swimming test to swim alone. The swimmer must be able to swim the entire length of the pool without stopping and then tread water for 2 minutes. If the lifeguard on duty does not feel like the child should be left alone, a parent must stay with them. Any child under the age of 11 who has to use a floatation device (Life Jacket) may not use the pool without proper supervision.

Swimming Belts, PFD'S, and lifejackets are not provided by the YMCA for open swimmers. Our equipment is for program participants during scheduled hours

**Inflatables are NOT allowed.**

**Contact Sandy Boazman for Birthday Party availability, and the Aquatics Director for Swim Lesson availability!**