

# 2010 Spring I Schedule

2/21/10-4/17/10

|       | Sunday  | Monday                             | Tuesday                              | Wednesday                        | Thursday                             | Friday               | Saturday    |              |              |                      |            |      |
|-------|---|------------------------------------|--------------------------------------|----------------------------------|--------------------------------------|----------------------|-------------|--------------|--------------|----------------------|------------|------|
| 5:30  | Open<br>2 Lanes<br>reserved for<br>Private<br>Lessons | Adult Open                         | Adult Open                           | Adult Open                       | Adult Open                           | Adult Open           | Adult Open  | 5:30         |              |                      |            |      |
| 5:45  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      |            | 5:45 |
| 6:00  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      |            | 6:00 |
| 6:15  |   |                                    |                                      |                                  |                                      |                      |             | 6:15         |              |                      |            |      |
| 6:30  |   |                                    |                                      | Aqua-robics                      |                                      | Aqua-robics          |             | Adult Open   | Aqua-nastics | Adult Open           | 6:30       |      |
| 6:45  |   |                                    |                                      | Adult Open                       |                                      | Adult Open           |             |              |              |                      | 6:45       |      |
| 7:00  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      | 7:00       |      |
| 7:15  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      | 7:15       |      |
| 7:30  |   |                                    |                                      |                                  |                                      |                      |             | Aqua-pilates | Adult Open   |                      | 7:30       |      |
| 7:45  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      | 7:45       |      |
| 8:00  |   |                                    |                                      | Adult Open                       |                                      |                      |             |              |              | Lessons & Deep Water | Adult Open | 8:00 |
| 8:15  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      |            | 8:15 |
| 8:30  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      |            | 8:30 |
| 8:45  |   |                                    |                                      |                                  |                                      |                      |             |              |              |                      |            | 8:45 |
| 9:00  |   |                                    |                                      |                                  |                                      | Adult Open           |             |              | Adult Open   |                      |            | 9:00 |
| 9:15  |   | Lessons                            | Adult Open                           |                                  | Adult Open                           |                      |             |              | 9:15         |                      |            |      |
| 9:30  |   |                                    |                                      |                                  |                                      |                      |             |              | 9:30         |                      |            |      |
| 9:45  |   | Y-Kids                             | Adult Open                           |                                  |                                      |                      |             |              | 9:45         |                      |            |      |
| 10:00 |   |                                    |                                      |                                  |                                      |                      |             |              | 10:00        |                      |            |      |
| 10:15 |   |                                    |                                      |                                  |                                      |                      |             |              | 10:15        |                      |            |      |
| 10:30 |   | Silver Splash                      | Family Open                          |                                  | Aqua-nastics                         | Family Open          | Aqua-robics | Family Open  | 10:30        |                      |            |      |
| 10:45 |   |                                    |                                      |                                  |                                      |                      |             |              | 10:45        |                      |            |      |
| 11:00 |   | Aqua-robics                        | Family Open                          |                                  | Silver Splash                        | Family Open          |             |              | 11:00        |                      |            |      |
| 11:15 |   |                                    |                                      |                                  |                                      |                      |             |              | 11:15        |                      |            |      |
| 11:30 |   |                                    |                                      |                                  |                                      |                      |             |              | 11:30        |                      |            |      |
| 11:45 |   |                                    |                                      |                                  |                                      |                      |             |              | 11:45        |                      |            |      |
| 12:00 |   |                                    |                                      |                                  |                                      |                      |             |              | 12:00        |                      |            |      |
| 12:15 |   | Family Open                        |                                      |                                  | Family Open                          |                      |             |              | 12:15        |                      |            |      |
| 12:30 |   |                                    |                                      |                                  |                                      |                      |             |              | 12:30        |                      |            |      |
| 12:45 |   | Arthritis                          | Family Open                          |                                  | Arthritis                            | Family Open          |             |              | 12:45        |                      |            |      |
| 1:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 1:00         |                      |            |      |
| 1:15  |   |                                    | Family Open                          |                                  | Family Open                          |                      |             |              | 1:15         |                      |            |      |
| 1:30  |   |                                    |                                      |                                  |                                      |                      |             |              | 1:30         |                      |            |      |
| 1:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 1:45         |                      |            |      |
| 2:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 2:00         |                      |            |      |
| 2:15  |   |                                    |                                      |                                  |                                      |                      |             |              | 2:15         |                      |            |      |
| 2:30  |   | Family Open                        |                                      |                                  | Family Open                          |                      |             |              | 2:30         |                      |            |      |
| 2:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 2:45         |                      |            |      |
| 3:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 3:00         |                      |            |      |
| 3:15  |   |                                    |                                      |                                  |                                      |                      |             |              | 3:15         |                      |            |      |
| 3:30  |   |                                    |                                      |                                  |                                      |                      |             |              | 3:30         |                      |            |      |
| 3:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 3:45         |                      |            |      |
| 4:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 4:00         |                      |            |      |
| 4:15  |   |                                    |                                      |                                  |                                      |                      |             |              | 4:15         |                      |            |      |
| 4:30  |   | Lessons<br>4:00-5:00               | Lessons<br>4:00-5:00                 | Lessons<br>4:00-5:00             | Lessons<br>4:00-5:00                 | Lessons<br>4:00-5:00 |             |              | 4:30         |                      |            |      |
| 4:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 4:45         |                      |            |      |
| 5:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 5:00         |                      |            |      |
| 5:15  |   | Lessons & Swim Team<br>5:00-8:30   | Lessons & Swim Team<br>5:00-8:30     |                                  | Lessons & Swim Team<br>5:00-6:15     |                      |             |              | 5:15         |                      |            |      |
| 5:30  |   |                                    |                                      |                                  |                                      |                      |             |              | 5:30         |                      |            |      |
| 5:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 5:45         |                      |            |      |
| 6:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 6:00         |                      |            |      |
| 6:15  |   |                                    |                                      |                                  |                                      |                      |             |              | 6:15         |                      |            |      |
| 6:30  |   |                                    |                                      |                                  |                                      |                      |             |              | 6:30         |                      |            |      |
| 6:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 6:45         |                      |            |      |
| 7:00  |   | Arthritis & Swim Team<br>6:30-8:30 | Aquanastics & Swim Team<br>6:30-8:30 | Lessons & Swim Team<br>5:00-8:30 | Aquanastics & Swim Team<br>6:15-7:00 |                      |             |              | 7:00         |                      |            |      |
| 7:15  |   |                                    |                                      |                                  |                                      |                      |             |              | 7:15         |                      |            |      |
| 7:30  |   |                                    |                                      |                                  |                                      |                      |             |              | 7:30         |                      |            |      |
| 7:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 7:45         |                      |            |      |
| 8:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 8:00         |                      |            |      |
| 8:15  |   |                                    |                                      |                                  |                                      |                      |             |              | 8:15         |                      |            |      |
| 8:30  |   | Aqua-nastics                       | Family Open                          |                                  | Aqua-nastics                         | Family Open          |             |              | 8:30         |                      |            |      |
| 8:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 8:45         |                      |            |      |
| 9:00  |   |                                    |                                      |                                  |                                      |                      |             |              | 9:00         |                      |            |      |
| 9:15  |   | Family Open                        | Family Open                          |                                  | Family Open                          |                      |             |              | 9:15         |                      |            |      |
| 9:30  |   |                                    |                                      |                                  |                                      |                      |             |              | 9:30         |                      |            |      |
| 9:45  |   |                                    |                                      |                                  |                                      |                      |             |              | 9:45         |                      |            |      |
| 10:00 |   |                                    |                                      |                                  |                                      |                      |             |              | 10:00        |                      |            |      |

**Swim Lessons & Swim Team:** During this time, the I-Wing and Lap Lanes are to be used for YMCA programs. No lanes are available swim.

**Family:** designated swim time for families and recreational swimming.

**Adult Open:** swim time for members 18 and older. This time can be used for laps or recreational swimming.

\* During Family Swim every child under 9 must be accompanied in the water at all times by a person 16 years or older unless they pass the deep water swim test. If they pass the deep water swim test, the child can then go into the water on their own as long as a parent is in the area that is visible to the pool i.e. viewing area.

**Floation Devices:** For the safety of the participants we only allow Coast Guard approved lifejackets. Devices with foam inserts or inflatables are NOT permitted.

