

LAP POOL SCHEDULE

Winter, 2010

January 3rd - February 27th (Winter - Session I - Lessons and Bluefish)*

January 3rd - March 27th (Aqua Fitness)



Waldo County YMCA

*We build strong kids, strong families, strong communities. **

www.waldocountyymca.org

(207) 338-4598

email: aquatics@waldocountyymca.org

| Time | Sunday | | | | | | | Monday | | | | | | | Tuesday | | | | | | | Wednesday | | | | | | | Thursday | | | | | | | Friday | | | | | | | Saturday | | | | | | | | | | | | | | | | | | | | |
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| | Lane # | 6 | 5 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 | 6 | 5 | 4 | 3 | 2 | 1 | | | | | | | | | | | | | | |
| 5:00 - 5:30 AM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | YMCA Closed | | | | | | | | | | | | | | | | | | | | |
| 5:30 - 6:00 AM | | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:00 - 6:30 AM | | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30 - 7:00 AM | | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:00 - 7:30 AM | | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30 - 8:00 AM | | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:00 - 8:30 AM | | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30 - 9:00 AM | | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00 - 9:30 AM | | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 - 10:00 AM | | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 - 10:30 AM | | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 - 11:00 AM | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 - 11:30 AM | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 AM - Noon | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Noon 12:30 PM | Pool Closed | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | All lanes available for ADULT & HIGH SCHOOL lap swimming | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 - 1:00 PM | Pool Closed | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | |
| 1:00 - 1:30 PM | Family Open 12:30 - 2:30 | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | All lanes available for LAP swimming | | | | | | | | | | | | | | | | | | | | |
| 1:30 - 2:00 PM | Rental Available 2:30 - 3:30 | | | | | | | 2 lanes available for LAP swimming | | | | | | | Bluefish - Middle School 2:30 - 3:45 | | | | | | | 2 lanes LAP swimming | | | | | | | Bluefish - Middle School 2:30 - 3:45 | | | | | | | 2 lanes LAP swimming | | | | | | | Bluefish - Middle School 2:30 - 3:45 | | | | | | | Teen Access Open Swim (50) | | | | | | | | | | | | | |
| 2:00 - 2:30 PM | Rental Available 3:30 - 4:30 | | | | | | | Bluefish - 8 & Under Group A 3:45 - 4:30 | | | | | | | Bluefish - 8 & Under Group A 3:45 - 4:30 | | | | | | | Bluefish - 8 & Under Group A 3:45 - 4:30 | | | | | | | Bluefish - 8 & Under Group A 3:45 - 4:30 | | | | | | | Bluefish - 8 & Under Group A 3:45 - 4:30 | | | | | | | Bluefish All Ages 3:30 - 5:30 | | | | | | | | | | | | | | | | | | | | |
| 2:30 - 3:00 PM | Pool Closed | | | | | | | 3 lanes available for LAP swimming | | | | | | | Available for Bluefish | | | | | | | 3 lanes available for LAP swimming | | | | | | | Available for Bluefish | | | | | | | 3 lanes available for LAP swimming | | | | | | | Available for Bluefish | | | | | | | 3 lanes available for LAP swimming | | | | | | | Available for Bluefish | | | | | | |
| 3:00 - 3:30 PM | Pool Closed | | | | | | | Bluefish - 9-11 year olds 5:30 - 6:30 | | | | | | | Bluefish - 9-11 year olds 5:30 - 6:30 | | | | | | | Bluefish - 9-11 year olds 5:30 - 6:30 | | | | | | | Bluefish - 9-11 year olds 5:30 - 6:30 | | | | | | | Bluefish - 9-11 year olds 5:30 - 6:30 | | | | | | | Bluefish - 9-11 year olds 5:30 - 6:30 | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 3:30 - 4:00 PM | Pool Closed | | | | | | | 2 lanes for Family Open | | | | | | | Masters 6:30 - 7:30 | | | | | | | L L L L L | | | | | | | Power Aqua 6:30-7:30 | | | | | | | Masters 6:30 - 7:30 | | | | | | | L L L L L | | | | | | | Power Aqua 6:30-7:30 | | | | | | | L L L L L | | | | | | |
| 4:00 - 4:30 PM | Pool Closed | | | | | | | 3 lanes for ADULT & HS lap swimming | | | | | | | High School 7:15 - 8:30 | | | | | | | L L L L L | | | | | | | Bluefish High School 7:15 - 8:30 | | | | | | | 3 lanes for ADULT & HS lap swimming | | | | | | | Bluefish High School 7:15 - 8:30 | | | | | | | Bluefish High School 7:15 - 8:30 | | | | | | | L L L L L | | | | | | |
| 4:30 - 5:00 PM | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 5:00 - 5:30 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 5:30 - 6:00 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 6:00 - 6:30 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 6:30 - 7:00 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 7:00 - 7:30 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 7:30 - 8:00 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 8:00 - 8:30 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |
| 8:30 - 9:00 PM | YMCA Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | Pool Closed | | | | | | | | | | | | | |

FEES: Lap & Open Swim "L" or LAP = lane available - ANY AGE*

Free - Annual & 3-Month Members

Daypass - Non-members

\$5/youth

\$10/adult

\$20/family maximum

* No swim classes on Saturday, January 23rd due to Bluefish Swim Meet

AGE REQUIREMENTS - Open Swim Times:

- Children under 6 must be accompanied in the pool by an adult who remains within reach.
- Children 6 to 10 must have an adult present in the natatorium.
- Children 10 to 12 must have an adult present in the building.

***LAP LANE REQUIREMENTS:**

* No jumping or diving except initial entry.

* Blocks are for Masters, BlueFish, and swim instruction ONLY.

* Continual forward motion must be maintained.

* Multiple swimmers in lanes when necessary.

Schedule is subject to change

Revised 12/22/09