LAP POOL SCHEDULE

Fall 2010

Schedule Starts 9/7/2010

Swim Lessons Begin September 13th, Weekday
September 18th, Saturdays

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
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
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							
6:30 - 7:00 AM							***Pool Closed***
7:00 - 7:30 AM							Adult Adv/Int
7:30 - 8:00 AM							Masters 8:30-10:00
8:00 - 8:30 AM							
8:30 - 9:00 AM							Lanes available for Lap Swimming
9:00 - 9:30 AM							
9:30 - 10:00 AM							*Level 3 10:15-11:00 Level 4 11:15-12:00 Level 5/6 12:15-1:00
10:00 - 10:30 AM							
10:30 - 11:00 AM							
11:00 - 11:30 AM							
11:30 AM - Noon							
Noon 12:30 PM	***Pool Closed***	Lanes available for ***LAP*** swimming	Lanes available for ***LAP*** swimming	anes available for ***LAP*** swimming	Lanes available for ***LAP*** swimming	Lanes available for ***LAP*** Swimming	Rental Available Noon - 1:00
12:30 - 1:00 PM	Family Open 12:30 - 2:30						Rental Available 1:00 - 2:00
1:00 - 1:30 PM							
1:30 - 2:00 PM							Rental Available 2:00 - 3:00
2:00 - 2:30 PM							
2:30 - 3:00 PM	Rental Available 2:30 - 3:30		Teen Access 2:30 - 3:30			Teen Access 2:30 - 3:30	Rental Available 3:00 - 4:00
3:00 - 3:30 PM							Lanes available for Lap Swimming
3:30 - 4:00 PM	Rental Available 3:30 - 4:30						
4:00 - 4:30 PM							
4:30 - 5:00 PM	***Pool Closed***		Lanes available for ***LAP*** swimming		Lanes available for ***LAP*** swimming		***Pool Closed***
5:00 - 5:30 PM	YMCA Closed						YMCA Closed
5:30 - 6:00 PM						***Pool Closed***	
6:00 - 6:30 PM							
6:30 - 7:00 PM		Adult & HS Lap Swimming / Masters 6:30 - 7:30	Adult & HS Lap Swimming / Power Aqua 6:30 -7:30	Adult & HS Lap Swimming / Masters 6:30 -7:30	Adult & HS Lap Swimming / Power Aqua 6:30 -7:30	YMCA Closed	
7:00 - 7:30 PM							
7:30 - 8:00 PM							
8:00 - 8:30 PM							
8:30 - 9:00 PM		***Pool Closed***	***Pool Closed***	***Pool Closed***	***Pool Closed***		
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

FEES: Lap & Open Swim

Free - Annual & 3-Month Members
Daypass - Non-members
$5/youth
$10/adult
$20/family maximum

LAP ***= lane available - ANY AGE****

LAP Swimming
Pool Program
Rental Available
Family Open
Aqua Fitness
Adult Therapy

Schedule is subject to change
Revised 9/7/2010

AGE REQUIREMENTS - Open Swim Times:

• *Children 6 and under must remain within arms reach of an adult in the Natatorium.*
• Children 7 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:***

* Jumping or diving on initial entry only.
* Please share LAP Lanes when needed
* Maintain a continuous forward motion during LAP Swims
*Aqua Jogging is permitted in any LAP Lane