



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

YMCA OF LENAWEE COUNTY

Pool Schedule

February 2019

Schedule Begins
Friday February 1,
2019 and is subject
to change

Lap Swimming Tips

Caring- Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there.

Responsibility-If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Honesty-Please try to choose a lane with swimmers that most nearly match your speed.

Respect-Be patient and respectful of others.

We reserve the right to conduct private lessons, lifeguard training, and safety drills at any time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-8:50 Lane Swim	5:30-8:50 Lane Swim	5:30-9:25 Lane Swim	5:30-8:50 Lane Swim	5:30-9:25 Lane Swim	5:30-8:50 Lane Swim		
9:00-10:00 Deep Water Aerobics	9:35-10:30 Open Water Exercise	9:00-10:00 Deep Water Aerobics	9:35-10:30 Open Water Exercise	9:00-10:00 Deep Water Aerobics	9:00-10:00 Deep Water Aerobics	8:00-9:30 Lap Swim	
10:05-11:30 Open Water Exercise	10:30-11:30 Aquacise	10:05-11:30 Open Water Exercise	10:30-11:30 Aquacise	10:05-11:30 Open Water Exercise	10:05-12:00 Open Water Exercise	9:30-12:00 Swim Lessons	
11:30-12:25 Arthritic Aquacise	11:30-12:25 Open Water Exercise	11:30-12:25 Arthritic Aquacise	11:30-12:25 Open Water Exercise	11:30-12:25 Open Water Exercise			
12:35-1:30 Lane Swim	12:35-1:30 Lane Swim	12:35-1:30 Lane Swim	12:35-1:30 Lane Swim	12:35-1:30 Lane Swim	12:00-1:25 Lane Swim	12:00-1:30 Lane Swim	1:00-2:30pm Lane Swim
1:30-2:30 LINC					1:35-2:30 LINC	1:40-3:45 Open Swim	2:30-3:45pm Open Swim
4:30-6:00 Open Swim	4:30-5:45 Lane Swim	4:30-6:00 Open Swim	4:30-6:00 Open Swim	4:30-5:45 Lane Swim	4:30-5:15 Lane Swim		
6:00-7:00 Deep & Shallow Water Cardio	5:45-7:30 Swim Lessons	6:00-7:00 Deep & Shallow Water Cardio	6:00-7:00 Deep & Shallow Water Cardio	5:45-7:30 Swim Lessons	5:15-7:00 Open Swim		
7:00-7:55 Lane Swim	7:40-8:45 Open Swim	7:00-7:55 Lane Swim	7:40-8:45 Open Swim	7:00-7:55 Lane Swim	7:00-7:45 Lane Swim		
8:05-8:45 Open Swim		8:05-8:45 Open Swim					

***Reminder: There will NOT be lane swim on February 5th & 14th from 4:00pm – 5:30pm for Gator Swim Team practice.**

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638 W. Maumee St. Adrian, MI 49221

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