



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR POOL SCHEDULE 2016

Indoor Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>SUMMER 2016 (Begins MAY 31)</p> <p>Lap Swimming Tips 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. Please get kickboards, pull bouys, etc. before entering the pool.</p> <p>Directions 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.</p> <p>Speed Please try to choose a lane with swimmers that most nearly match your speed.</p>	5:00AM-3:00PM LAP SWIM 5:30-6:15AM AQUA TABATA (3 lanes)	5:00AM-5:00PM LAP SWIM	5:00AM-3:00PM LAP SWIM 5:30-6:15AM AQUA TABATA (3 lanes)	5:00AM-5:00PM LAP SWIM	5:00-3:00PM LAP SWIM	7:00AM-10:00AM MYB BARRACUDAS PRACTICE (POOL CLOSED TO MEMBERS)	1:00-4:30PM ADULT LAP SWIM
	7:00-8:00AM SWIMMERCISE	7:00-8:00AM SWIMMERCISE	7:00-8:00AM SWIMMERCISE	7:00-8:00AM SWIMMERCISE		10-11AM BARRACUDA SWIM PRACTICE (2 lanes)	
	8:15-9:15AM DEEP WATER AEROBICS	9:00-10:00AM SWIMMERCISE	8:15-9:15AM DEEP WATER AEROBICS	9:00-10:00AM SWIMMERCISE	8:15-9:15AM DEEP WATER AEROBICS	11:00AM-4:30PM LAP SWIM	
	9:15-10:15AM ARTHRITIS AEROBICS		9:15-10:15AM ARTHRITIS AEROBICS		9:15-10:15AM ARTHRITIS AEROBICS		
	12:15 - 3:00PM Goodtimes (4 lanes)	12:15 - 3:00PM Goodtimes (4 lanes)	12:15 - 3:00PM Goodtimes (4 lanes)	12:15 - 3:00PM Goodtimes (4 lanes)	12:15 - 3:00PM Goodtimes (4 lanes)		
	3-5PM BARRACUDA SWIM PRACTICE (POOL CLOSED TO MEMBERS)		3-5PM BARRACUDA SWIM PRACTICE (POOL CLOSED TO MEMBERS)		3-5PM BARRACUDA SWIM PRACTICE (POOL CLOSED TO MEMBERS)		
	5-6 SEA DRAGONS PRACTICE (POOL CLOSED TO MEMBERS)	5-6 SEA DRAGONS PRACTICE (POOL CLOSED TO MEMBERS)			5-6 SEA DRAGONS PRACTICE (POOL CLOSED TO MEMBERS)	INDOOR POOL CLOSING AT 3:00 PM TO MEMBERS	
	5-7:30 SWIM LESSONS (2-3 LANES)	5-7:30 SWIM LESSONS (2-3 LANES)	5-7:30 SWIM LESSONS (2-3 LANES)	5-7:30 SWIM LESSONS (2-3 LANES)	5-7:30 SWIM LESSONS (2-3 LANES)		
	6:05-7:05PM HYDROCISE (2 lanes)	6:05-7:05PM HYDROCISE (2 lanes)	6:05-7:05PM HYDROCISE (2 lanes)	6:05-7:05PM HYDROCISE (2 lanes)	6:05-7:05PM HYDROCISE (2 lanes)		
6:05-7:30PM LAP SWIM	6:05-7:30PM LAP SWIM	6:05-7:30PM LAP SWIM	6:05-7:30PM LAP SWIM	6:05-7:30PM LAP SWIM			

DATES TO REMEMBER:

***Swim Lesson Sessions:** JUNE 6 – 16
JUNE 20-30
(NO SWIM LESSONS WEEK OF JULY 4TH)
JULY 11 – 21
JULY 25 – AUG 4

The East YMCA Indoor Pool will host swim meets on the following Fridays: JUNE 10, JUNE 17, JULY 8 & JULY 15 FOR YMCA OF GREATER MONTGOMERY SUMMER SWIM LEAGUE MEETS.

OUTDOOR POOL SCHEDULE

APRIL 30 – MAY 22 (WEATHER PERMITTING)
SATURDAYS 11:00 AM – 4:00 PM
SUNDAYS 1:00 PM – 4:00 PM

MAY 28 – AUGUST 7
MONDAY – THURSDAY 11:00 AM – 7:00 PM
FRIDAYS 11:00 AM – 4:00 PM
SATURDAYS 11:00 AM – 4:00 PM
SUNDAYS 1:00 PM – 4:00 PM

PLEASE NOTE THE LIFEGUARDS WILL BLOW THEIR WHISTLES AT 10 MINUTES BEFORE EVERY HOUR FOR 'ADULT SWIM'. ALL CHILDREN WILL BE ASKED TO GET OUT OF THE POOL AND WILL NOT BE ALLOWED IN THE INDOOR POOL DURING THE 10 MINUTE BREAK.

***GIVE THE FRONT DESK YOUR EMAIL ADDRESS AND YOU WILL GET ALL POOL TEMPERATURE UPDATES AND CLOSINGS ON A DAILY BASIS OR IN CASES OF CLOSURES DUE TO WEATHER, POWER OUTAGES, AND ANY POOL CLOSINGS.**