

# lap/open swim schedule

July 26 - August 22, 2010

Schedule is subject to change.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30		Lap Swim (3) 5:30-6:00		Lap Swim (3) 5:30-6:00		Closed	Closed
6:00	Lap Swim (3) 5:30-7:00	Lap Swim (2) 6:00-7:00	Lap Swim (3) 5:30-7:00	Lap Swim (2) 6:00-7:00			
6:30					Lap Swim (3) 5:30-8:30		
7:00		Lap Swim (3) 7:00-8:00		Lap Swim (3) 7:00-8:30		Lap Swim (3) 7:00-8:30	Lap Swim (3) 7:00-7:45
7:30							LapSwim (1) 7:45-8:45
8:00	Lap Swim (1) 7:00-9:30		Lap Swim (1) 7:00-9:30				
8:30		Lap Swim (1) 8:30-9:30		Lap Swim (1) 8:30-9:30	Lap Swim (1) 8:30-9:30	Lap Swim (1) 8:30-9:30	
9:00							
9:30	Lap Swim (2) 9:30-10:15	Lap Swim (3) 9:30-10:15	Lap Swim (2) 9:30-10:15				Lap Swim (3) 8:45-2:15
10:00				Lap Swim (2) 9:30-11:00			
10:30	Lap Swim (3) Open Swim (2) 10:15-12:00	Lap Swim (2) 10:15-12:00	Lap Swim (3) 10:15-11:00		Lap Swim (2) 9:30-12:00	Lap Swim (1) 9:30-12:05	
11:00			Lap Swim (2) 11:00-12:00	Lap Swim (3) Open Swim (2) 11:00-12:00			
11:30							Open Swim (2) 11:00-2:15
12:00	Lap Swim (3) 12:00-1:00	Lap Swim (1) 12:00-1:00	Lap Swim (1) 12:00-1:00		Lap Swim (2) 11:45-12:30		
12:30				Lap Swim (1) 12:00-2:00	Lap Swim (3) 12:30-1:00		
1:00							
1:30	Lap Swim (2) 1:00-3:00	Lap Swim (2) 1:00-3:00	Lap Swim (2) 1:00-3:00		Lap Swim (2) 1:00-3:00		
2:00				Lap Swim (2) 2:00-3:00			
2:30							
3:00	Lap Swim (3) 3:00-3:30	Lap Swim (1) 3:00-4:00	Lap Swim (3) 3:00-3:30	Lap Swim (3) 3:00-3:30	Lap Swim (2) 3:00-4:00	Lap Swim (3) 12:30-6:30	Lap Swim (2) 2:15-4:30
3:30	No Lap Swim or Open Swim 3:30-5:45	Lap Swim (3) Open Swim (2) 4:00-5:00	No Lap Swim or Open Swim 3:30-5:45	No Lap Swim or Open Swim 3:30-5:45		Open Swim (2) 12:30-6:30	Open Swim (2) 2:15-4:30
4:00					Lap Swim (1) 4:00-5:15		
4:30							
5:00							
5:30		Lap Swim (2) 5:00-6:45			Lap Swim (1) 5:15-6:15		
6:00	Lap Swim (3) 5:45-6:30		Lap Swim (2) 5:45-7:00	Lap Swim (1) 6:00-7:30			Lap Swim (1) 6:00-7:00
6:30	Lap Swim (2) 6:30-7:30				Lap Swim (2) 6:15-7:30		
7:00			Lap Swim (2) Open Swim (2) 7:00-7:45				
7:30					Lap Swim (3) Open Swim (2) 7:30-8:30		Lap Swim (3) Open Swim (2) 7:00-8:30
8:00	Lap Swim (3) Open Swim (2) 7:30-9:30	Lap Swim (3) Open Swim (2) 6:45-9:30	Lap Swim (3) Open Swim (2) 7:45-9:30	Lap Swim (3) Open Swim (2) 7:30-9:30		Closed	
8:30							
9:00					Closed		Closed
9:30							

Parentheses denote number of lanes open for lap or open swim during a specified time block.

## Descriptions:

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Lap Swim: For individuals 15 years of age and older. Circle swimming is required for 2 or more lap swimmers.

Open Swim: Recreational swimming for people of all ages.

## Pool Guidelines:

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No running on the pool deck

No diving in the pool

Proper swimwear is required (no jean shorts)

Jumping into the pool is allowed only from the white grates of pool wall. Jumps must be facing forward

Spitting, spouting and nose blowing are prohibited in the pool

No glass is allowed on the pool deck

Children ages 14 years and younger must be actively supervised by an adult at all times while in the facility. Those individuals ages 10 and younger must have a parent/guardian

Children ages 10 and younger must have a parent/guardian (18 years of age or older) in the water with them at all times

Children ages 4 and under, or any child who cannot touch the bottom of the pool, must be within arm's reach of a parent or guardian at all times

Youngsters who are not potty trained must wear plastic pants or swim diapers—no disposable or cloth diapers. Swim diapers are available for purchase at the Member Services Desk

Circle swimming is required when there are 2 or more individuals in a lap lane

No person with or suspected of having a communicable disease which could be transmitted through the use of the pool shall use any public pool

The Pool, Hot Tub, & Sauna close 30 minutes prior to the facility closing for safety precautions

## Equipment Guidelines:

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US Coast Guard approved life jackets only

Lifejackets are allowed anywhere in the pool – must be accompanied by adult

Open swim equipment is restricted to noodles, barbells, lifejackets, flotation rafts and toys

Flotation rafts are allowed in the shallow end of the pool. Noodles can be used in the deep end of the pool by individuals over the age of 15

Youth barbells and Fins are for instructional use only

## Important Dates:

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YWCA Health and Fitness Center is **Closed:** Sept. 6      **Shortened Hours:** None this time period

The pool and spa will be **Closed:** Aug 23rd - September 5th

The Upper Locker Rooms will be **Closed:** Aug. 23 - Aug. 27

## Measurements:

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1 Length = 25 Yards

1 Lap = 50 Yards

1 Mile = 70.4 Lengths

1 Mile = 35.2 Laps