

SHADED TIMES ARE
MEMBER USE TIMES

RECREATIONAL (WARM) POOL SCHEDULE

SEPTEMBER 6 – 12, 2010

Fall schedule effective 9/8/2010

MONDAY 9/6	TUESDAY 9/7	WEDNESDAY 9/8	THURSDAY 9/9	FRIDAY 9/10	SATURDAY 9/11	SUNDAY 9/12
	5:45-7:30AM ADULT LAP	5:45-7:30AM ADULT LAP	5:45-7:30AM ADULT LAP	5:45-7:30AM ADULT LAP	7:30-9AM ADULT LAP	9-11AM ADULT LAP
	7:30-9:30AM Group Fitness	7:30-9:15AM Group Fitness	7:30-9:30AM Group Fitness	7:30-9:15AM Group Fitness	9-1:15PM Y Swim Classes	11-1PM THERAPY SWIM
LABOR	12-2:45PM THERAPY SWIM	9:30-12Noon Y Swim Classes	9:30-12Noon Y Swim Classes	9:15-12Noon Y Swim Classes	1:15-2:30PM THERAPY SWIM	1-5PM FAMILY SWIM
	2:45-6:30PM FAMILY SWIM	12-12:45 Aquamates	12-12:45 Arthritis Class	12-12:45 Aquamates	2:30-6:30PM FAMILY SWIM	YMCA CLOSSES AT 5PM
	6:30-9:00 ADULT LAP	12:45-2PM THERAPY SWIM	12:30-1:30PM THERAPY SWIM	12:45-2PM THERAPY SWIM	YMCA CLOSSES AT 6:30PM	
DAY	<u>Starting Sept. 14</u> 9:30-12Noon Y Swim Classes	2-3PM FAMILY SWIM	1:30-2:30PM Y Swim Classes	2-3:45PM FAMILY SWIM/ ADULT LAP 1 Lane		
	12:00-12:45pm ARTHRITIS CLASS 12:45-2:15 THERAPY SWIM	3-6PM Y Swim Classes	2:30-3:45PM FAMILY SWIM	3:45-6:30PM SYNCHRO TEAM		
YMCA	2:15-2:45PM Y Swim Classes 2:45-3:30pm FAMILY SWIM/ Adult Lap 1 lane	6:00-6:50PM ARTHRITIS CLASS/ ADULT LAP 1 LANE	3:45-6PM Y Swim Classes	4:30-5:15PM KU PROGRAM		
	CLOSED	3:30-8:30PM Y Swim Classes Swim Team Angel Fish Adult Instruction	6:50-8:15PM FAMILY SWIM	6:00-7:00PM Swim Team 2 Lanes/ ADULT LAP 2 Lanes	6:30-7:30PM ADULT LAP	
8:30-9:15pm ADULT LAP		8:15-9:15PM ADULT LAP	7:00-8:15PM FAMILY SWIM	7:30-9:15PM FAMILY SWIM		
			8:15-9:15PM ADULT LAP			

DON'T FORGET To pick up your fish pass @ The Member Check-in desk when swiping your membership card.

Family swims are intended for those with family memberships.

If you're a non-member, you may participate in our family swims based on the following fees:

0-14 years - \$5.00;

15 - 21 years - \$15.00; Adult - \$30;

Adult M/C or W/C - \$50.00"

FISH PASS PROCEDURE

IN EFFECT DURING ALL FAMILY SWIMS, MAXIMUM NUMBER OF SWIMMERS IS 25

(Weekend Family Swim times max. is: 50 if 2 guards are on duty)

Children 10 Yrs & younger and non-swimmers of any age MUST have an adult (18 Yrs & older) in a bathing suit in the pool responsible for the child at all times in order to participate in Family Swim. .

NON-SWIMMERS OF ANY AGE AND CHILDREN USING A SWIM AID MUST HAVE A PARENT IN THE POOL NO MORE THAN AN ARMS LENGTH AWAY FROM THE CHILD AT ALL TIMES.

LIFEGUARDS WILL ENFORCE ALL POOL RULES AND GUIDELINES

VALLES (COLD) POOL SCHEDULE

SHADED TIMES ARE MEMBER USE

SEPTEMBER 6-12, 2010

MONDAY SEPT. 6	TUESDAY SEPT. 7	WEDNESDAY SEPT. 8	THURSDAY SEPT. 9	FRIDAY SEPT. 10	SATURDAY SEPT. 11	SUNDAY SEPT. 12
LAP	5:45AM-2:45PM ADULT LAP	7:00AM-2:45PM ADULT LAP	5:45AM-2:45PM ADULT LAP	7:00AM-2:45PM ADULT LAP	7:30-10:00AM NCHS SWIM TEAM	7:00-11:00AM SYNCHRO TEAM
	2:45-5:00PM NCHS SWIM TEAM	2:45-5:00PM NCHS SWIM TEAM	2:45-5:00PM NCHS SWIM TEAM	2:45-5:15PM NCHS SWIM TEAM	10:00-11:00AM ADULT LAP	11:00-5:00PM ADULT LAP
	5:00-6:00PM YMCA NEW SWIMMER TRYOUTS	5:00-6:00PM YMCA NEW SWIMMER TRYOUTS	5:00-6:00PM YMCA NEW SWIMMER TRYOUTS	5:15-7:30PM SYNCHRO TEAM	11:00-1:30PM SYNCHRO TEAM	YMCA CLOSSES AT 5:00PM
AD Y	6:00-7:00PM SYNCHRO TEAM	6:00-10:00PM ADULT LAP	6:00-10:00PM ADULT LAP	7:45-10:00PM ADULT LAP	1:30-6:30PM ADULT LAP	
	*MOVING BULKHEAD					
Y	7:15-10:00PM ADULT LAP				YMCA CLOSSES AT 6:30PM	

Note: Monday-Friday: 5:45-7:00AM; 2 lanes in Deep Well upon request.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
U J D M W	5:00-7:00AM DIVE TEAM	5:45-2:45AM OPEN	5:00-7:00AM DIVE TEAM	5:00-7:00AM DIVE TEAM	9:00-11:00AM DIVE TEAM	11:00-12:00 SYNCHRO TEAM
	7:00-2:45PM OPEN	2:45-10:00PM DIVE TEAM	7:00-2:45PM OPEN	7:00-2:45PM OPEN	11:00-2:30PM SYNCHRO TEAM	11:00-4:00PM DIVING TEAM
	2:45-6:00PM DIVE TEAM	4:00-6:00PM SYNCHRO TEAM	2:45-6:30PM DIVE TEAM	2:45-4:00PM DIVE TEAM		4:00-5:00pm SYNCHRO TEAM
	4:00-7:00PM SYNCHRO TEAM		3:30-8:15PM SYNCHRO TEAM	5:00PM-7:30PM SYNCHRO TEAM		
	7:00-10:00PM DIVE TEAM		8:15-10:00PM DIVING TEAM	4:00-8:00PM DIVING TEAM		

THE YMCA LIFEGUARDS HAVE THE RIGHT TO ASK ANYONE NOT ABIDING THE POOL RULES,
AND/OR PUTTING OTHER MEMBERS AT RISK, TO LEAVE THE POOL AREA.

Please...play it safe...obey the rules.

*Pool Rules are posted in both pools.

ADULT LAP: For members 13 years of age and older looking to swim for leisure and exercise. Please follow guidelines posted in the pool so as not to interfere with another person's workout. This is exclusive time for members 13 and older only. Children are not permitted to swim during this period.

DEEP WATER WELL – This time is open to adults during Adult Lap Time. It is used primarily for deep water walking and overflow from lap lanes. Lane lines will be put in by the lifeguard upon member request.