

****REVISED SCHEDULE ****
VALLES (COLD) POOL SCHEDULE
SPRING 2008 – APRIL 24 – JUNE 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-7:00AM SWIM TEAM POOL SET @ 36M 7AM – 4:00PM ADULT LAP	5:15AM-6:45AM SWIM TEAM 3 LANES 5:45-6:45AM ADULT LAP 3 LANES	5:00-7:00AM SWIM TEAM	5:15AM-6:45AM SWIM TEAM 3 LANES 5:45-6:45 ADULT LAP 3 LANES	5:00-7:00AM SWIM TEAM	6:00-10:00AM SWIM TEAM	7:00-11:00AM SYNCHRO TEAM
4:00-8:30PM SWIM TEAM	6:45AM-3:30PM ADULT LAP	7:00AM-4:00PM ADULT LAP	6:45AM-3:30PM ADULT LAP	7:00AM-4:00PM ADULT LAP	10:00-11:00AM ADULT LAP (TWO LANES)	11:00-5:00PM ADULT LAP
8:30-10:00 ADULT LAP	3:30-8:00PM SWIM TEAM	4:00-8:30PM SWIM TEAM	3:30-7:00PM SWIM TEAM	4:00-7:00PM SWIM TEAM	10:00-11:00AM SYNCHRO TEAM (FOUR LANES) 11:00-2:30PM SYNCHRO TEAM	YMCA CLOSSES AT 5:00PM
	8:00-10:00 ADULT LAP	8:30-10:00 ADULT LAP	7:00-8:30PM SYNCHRO TEAM (FOUR LANES) 7:00-8:30PM SWIM TEAM (TWO LANES)	7:00-10:00PM ADULT LAP	2:30-6:30PM ADULT LAP	
			8:30-10:00PM ADULT LAP		YMCA CLOSSES AT 6:30PM	

DEEP WATER WELL

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-7:00AM SWIM TEAM	5:00-7:00AM SWIM TEAM	5:45-2:45AM OPEN	5:00-7:00AM DIVE TEAM	5:00-7:00AM DIVE TEAM	7:30-10:30AM DIVING TEAM	11:00-12:00 SYNCHRO TEAM
7:00-2:45PM OPEN	7:00-2:45PM OPEN	2:45-4:00PM NCHS DIVE TEAM	7:00-2:45PM OPEN	7:00-2:45 OPEN 9:30-10:15AM DEPTH CHARGE	8:00-11:00AM SWIM TEAM	12:00-5:00PM DIVING TEAM 4:00-5:00pm SYNCHRO TEAM
2:45-4:00PM NCHS DIVE TEAM	2:45-4:00PM NCHS DIVE TEAM	4:00-10:00PM DIVE TEAM	2:45-4:00PM NCHS DIVE TEAM (ONE BOARD)	2:45-4:00PM NCHS DIVE TEAM	11:00-6:30PM SYNCHRO TEAM	
4:00-7:00PM SWIM TEAM 3:30-10:00PM DIVING TEAM	4:00-7:00PM SYNCHRO TEAM	4:00-7:00PM SYNCHRO TEAM	3:30-6:30PM SYNCHRO/DIVE TEAMS	4:30-5:30PM SYNCHRO TEAM		
7:30-8:30PM ADULT LAP TWO LANES	7:00-8:00PM SWIM TEAM 6:00-10:00PM DIVE TEAM	7:30-8:30PM ADULT LAP TWO LANES	6:30-8PM SYNCHRO TEAM 8:15-10:00PM DIVING TEAM	5:30-7PM SWIM 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.