



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

POOL SCHEDULE

JERRY LONG FAMILY YMCA

Main Pool Schedule February-April 2012

Schedule is subject to change.

Multiple activities are often scheduled in this pool at the same time.

Open Swim:

Indicated in shaded areas only.

Lap Swimming Tips

To avoid accidents, when entering an occupied lane, please get the swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

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.

Note:

Children must pass the green level swim test to enter the deep end.

WF=Water Fitness Class

SL=Swim Lessons

Open=free swim

Lap=Lap lane

ST=Swim Team

Times	MON	TUE	WED	THU	FRI	SAT	SUN
5:00-6:00am	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	Closed	Closed
6:00-7:30am	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	Lane 1 Open Lane 2-6 Lap	*Open 7am Lane 1 Open Lane 2-6 Lap	Closed
7:30-9:00am	Lane 1-4 WF Lane 5-6 Lap	Lane 1,2 Open Lane 3-6 Lap	Lane 1-4 WF Lane 5-6 Lap	Lane 1-5 WF (8:45-9:30) Lane 6 Lap	Lane 1-4 WF Lane 5-6 Lap	Lane 1 Open Lane 2-6 Lap	Closed
9am-10:45	Lane 1-3 SL Deep WF Lane 4-6 Lap	Lane 1-3 SL Lane 4-6 Lap	Lane 1-3 SL Deep WF Lane 4-6 Lap	9:30-10:45 Lane 1-3 SL Lane 4-6 Lap	Lane 1-3 WF Open shallow Lane 4-6 Lap	Lane 1,2,5,6 SL Lane 3,4 Lap	Closed
10:45-12pm	Lane 1-4 All WF Lane 5-6 Lap	Lane 1-4 WF 1-4 Open Dp Lane 5-6 Lap	Lane 1-4 All WF Lane 5-6 Lap	Lane 1-4 WF 1-4 Open Dp Lane 5-6 Lap	Lane 1-4 All WF Lane 5-6 Lap	Lane 1-2 Open Lane 3-5 Lap Lane 6 SL	Open 12:00p
12pm-1:00pm	Lane 1-2 Open Lane 3-6 Lap	Lane 1-2 Open Lane 3-6 Lap	Lane 1-2 Open Lane 3-6 Lap	Lane 1-2 Open Lane 3-6 Lap	Lane 1-2 Open Lane 3-6 Lap	Lane 1-3 Open Lane 4-6 Lap	Lane 1-3 Open Lane 4-6 Lap
1:00-2:00pm	Lane 1-3 WF Open deep Lane 4-6 Lap	Lane 1-3 WF /SL Deep& 6 Lane 4-5 Lap	Lane 1-3 WF Open Deep Lane 4-6 Lap	Lane 1-3 WF /SL Deep& 6 Lane 4-5 Lap	Lane 1-3 WF Open Deep Lane 4-6 Lap	Lane 1-3 Open Lane 4-6 Lap	Lane 1-3 Open Lane 4-6 Lap
2:00-3:15pm	2-3:45pm Lane 1-2 Open Lane 3-6 Lap	Lane 1-2 Open Lane 3-6 Lap	2-3:45pm Lane 1-2 Open Lane 3-6 Lap	Lane 1-2 Open Lane 3-6 Lap	2-3:45pm Lane 1-2 Open Lane 3-6 Lap	Lane 1-3 Open Lane 4-6 Lap	Lane 1-3 Open Lane 4-6 Lap
3:15-4:00 pm	Lane 1 Open Lane 2,3 Lap 3:45: 4-6 ST	Lane 1 Open Lane 2,3 Lap Lane 4-6 ST	Lane 1 Open Lane 2,3 Lap 3:45: 4-6 ST	Lane 1 Open Lane 2,3 Lap Lane 4-6 ST	Lane 1 Open Lane 2,3 Lap 3:45: 4-6 ST	Lane 1-3 Open Lane 4-6 Lap	Lane 1-3 Open Lane 4-6 Lap
4:00-5:30pm	Lane 1 Lap Lane 2-6 ST	Lane 1 Lap Lane 2-6 ST	Lane 1 Lap Lane 2-6 ST	Lane 1 Lap Lane 2-6 ST	Lane 1 Lap Lane 2-6 ST	Lane 1-3 Open Lane 4-6 Lap	Lane 1-3 Open Lane 4-6 Lap
5:30-6pm	Lane 1-3 SL Lane 4 Lap Lane 5-6 ST	Lane 1,2,5,6 SL Lane 3,4 Lap	Lane 1-3 SL Lane 4 Lap Lane 5-6 ST	Lane 1,2,5,6 SL Lane 3,4 Lap	Lane 1-3 Lap Lane 4-6 ST	Lane 1-3 Open Lane 4-6 Lap	Lane 1-3 Open Lane 4-6 Lap
6pm-7:00pm	Lane 1,2,5,6 SL Lane 3,4 Lap	Lane 1,2,5,6 SL Lane 3,4 Lap	Lane 1,2,5,6 SL Lane 3,4 Lap	Lane 1,2,5,6 SL Lane 3,4 Lap	Lane 1-2 WF Dp/Open Shl Lane 3-6 Lap	Lane 1-3 Open Lane 4-6 Lap *Close 6:45p	Lane 1-3 Open Lane 4-6 Lap *Close 6:45p
7:00-8:15pm	Lane 1-2 WF Lane 3-5 Lap Lane 6 Open	Lane 1 Open Lane 2-5 Lap Lane 6 SL	Lane 1-2 WF Lane 3-5 Lap Lane 6 Open	Lane 1 Open Lane 2-5 Lap Lane 6 SL	Lane 1 Open Lane 2-6 Lap	Closed	Closed
8:15-10pm	Lane 1-2 Op Lane 3,4 Lap Lane 5,6 ST	Lane 1-2 Op Lane 3,4 Lap Lane 5,6 ST	Lane 1-2 Op Lane 3,4 Lap Lane 5,6 ST	Lane 1-2 Op Lane 3,4 Lap Lane 5,6 ST	Lane 1-2 Op Lane 3,4 Lap Lane 5,6 ST	Closed	Closed

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