STOKES FAMILY YMCA – NOVEMBER POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT
LAP SWIM	5-6:15am Lane 3-6					
	6:15-7:30am Lane 3	8:45am-12pm Lane 4-6	8:45-10:30am Lane 4-6	8:45am-12pm Lane 4-6	8:45-10:30am Lane 4-6	8-9:15am Lanes 3-6
	10:30-11:15am Lanes 5&6		10:30-11:15am Lanes 5&6		10:30-11:15am Lanes 5&6	9:15am-12pm Lanes 4-6
	11:15am-1pm Lanes 3-6	12-1pm Lanes 3-6	11:15am-1pm Lanes 3-6		11:15am-3:30pm Lanes 3-6	12-4:45pm Lanes 3-6
	1-3:30pm Lanes 3-6					
	5:00-7pm Lanes 3-4	5:00-7pm Lanes 3-4	3-8:45pm Lanes 3-6	5:00-7pm Lanes 3-4	5:00-7:45pm Lanes 3-6	
	7:30-8:45pm Lanes 3-6	7:30-8:45pm Lanes 3-6		7:30-8:45pm Lanes 3-6		
WATER FITNESS	10:30-11:15am Lanes 1-4	10am-12pm Lanes 1-4	10:30-11:15am Lanes 1-4	10am-12pm Lanes 1-4	10:30-11:15am Lanes 1-4	
		5:15-6:15pm Lanes 1-3 DEEP		5:15-6:15pm Lanes 1-3 DEEP		
OPEN SWIM	5-8:45am Lanes 1&2					8-9:15am Lanes 1&2
	11:15-3:30pm Lanes 1&2	12-3:30pm Lanes 1&2	11:15-3:30pm Lanes 1&2	12-3:30pm Lanes 1&2	11:15-3:30pm Lanes 1&2	12-4:45pm Lanes 1&2
	7:30-8:45pm Lanes 1&2	7:30-8:45pm Lanes 1&2	7:30-8:45pm Lanes 1&2	7:30-8:45pm Lanes 1&2	5:00-7:45pm Lanes 1&2	
SWIM LESSONS		8:45-10am Lanes 1-3	8:45-10am Lanes 1-3	8:45-10am Lanes 1-3	8:45-10am Lanes 1-3	9:15am-12pm Lanes 1-3
	5:15-7:30pm Lanes 1-3	5:15-7:30pm Lanes 1-3		5:15-7:30pm Lanes 1-3		
TYDE	5:00-7:00pm Lanes 5-6			5:00-7:00pm Lanes 5-6		
Middle School Swim	6:15-7:30am Lanes 4-6					
High School Swim	3:30-5:00pm Lane 1-6					

Lifeguards have the final authority in regards to pool policies and usage

Children 8th grade and younger must be swim tested to determine swim level. All elementary age children must have a parent/guardian (18+) on pool deck at all times regardless of swim ability.

IMPORTANT NOTES

Schedule subject to change

Multiple activites are often scheduled at the same time

Lane allocation will adjust depending on participation numbers

SWIM LESSONS

Makeup lessons held Wednesdays & Fridays 5:15-7:30pm if canceled M-Th

POOL RULES

Lap lanes are for lap swim only

Open swim is for water exercise or open water activities

Water fitness equipment is for adult use only

SWIM TEST POLICY

Green-anywhere

Yellow-shallow end only

Red-shallow end with adult only