JERRY LONG FAMILY YMCA – NOVEMBER LAP POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
LAP SWIM	5a-6a 6 Lap Lanes						
	6a-6:45a Lanes 1-2	6a-7a Lanes 1-2	6a-7a Lanes 1-2	6a-7a Lanes 1-2	6a-7a Lanes 1-2		
	6:45a-7:45a Lanes 1-2 & 6	7a-3:15p Lanes 1-6	6:45a-7:45a Lanes 1-2 & 6	7a-3:15p Lanes 1-6	7a-8a Lanes 1-2 & 6	7a-9:30a Lanes 1-6	
	7:45a-3:15p Lanes 1-6		7:45a-1:30p Lanes 1-6		8a-1:30p Lanes 1-6	9:30a-10:45a Lanes 3-6	
			*1:30p-3:15p Lanes 1-2		*1:30p-3:15p Lanes 1-2	10:45a-5:45p Lanes 1-6	12p-5:45p Lanes 1-6
	3:15p-7:30p Lane 1				3:30p-5:30p Lane 1		
	7:30p-8:45p Lane 1				5:30p-7:45p Lanes 1-6		
Swim With Friends	7a-8a Lanes 3-5		7a-8a Lanes 3-5		7a-8a Lanes 3-5		
OPEN SWIM						9:30a-10:45a Lanes 1-2	
MASTER SWIM		6a-7a		6a-7a	6a-7a		
TYDE	3:15p-7:45p Lanes 2-6				3:30p-5:30p Lanes 2-6		
SCHOOL SWIM TEAM	7:45p-9p Lanes 2-6	7:45p-9p Lanes 2-6	1:30p-3:15p Lanes 3-6	7:45p-9p Lanes 2-6	1:30p-3:15p Lanes 3-6		
			7:45p-9p Lanes 2-6				

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

Lane 1 is used as needed for swim tests

SWIM WITH FRIENDS

Swim With Friends is an unofficial group of people who get together and swim. They are open to all. They have three groups: Advanced (between 1:25&1:40 per 100 yd interval), Intermediate (between 1:50&2:05 per 100 yd interval), and Beginner (between 2:15&2:40 per 100 yd interval).

POOL RULES

Lap lanes are for lap swim only

Open swim/Activity lanes are for water exercise or open water activities

Water fitness equipment is for adult use only

When more than 2 people in a lane circle swimming is required

Middle School/High School Swim

School swim team practices start 10/28 for afternoons and 11/2 for evenings.

Swim Meet dates for Nov:

Nov 13 Entire Aquatic Center closes at 5pm.

Nov 20 Entire Aquatic Center closes at 5pm.