JERRY LONG FAMILY YMCA – NOVEMBER PROGRAM POOL SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
ACTIVITY LANES	*1:45p-4:30p Lanes 3-4	2p-4:30p Lanes 3-4*	1:45p-4:30p Lanes 3-4	2p-4:30P Lanes 3-4*	12p-8:45p Lanes 3-4	7a-8:15a Lanes 3-4 12p-5:45p Lanes 3-4	3:30p-5:45p Lanes 3-4
	8p-8:45p Lanes 3-4	7:45p-8:45p Lanes 3-4	7:15p-8:45p Lanes 3-4	7:45p-8:45p Lanes 3-4			
ZERO DEPTH	7a-8:45p				7a-7:45p	7a-9:40a 10:45a-5:45p	12p-5:45p
SLIDES	*2:35p-4:30p	12p-4:30p	2:35p-4:30p	12p-4:30p	12p-7:45p	7a-9a 12p-5:45p	3:30p-5:45p
	8p-8:45p	7:45p-8:45p	7:15p-8:45p	7:45p-8:45p			
WATER FITNESS	*8a-8:45a Lanes 1-4	7:15a-9a Lanes 1-4	7:15a-8a Lanes 1-4	7:15a-8a Lanes 1-4	8a-8:45a Lanes 1-4		
	10:15a-12p Lanes 1-4	10:15a-11:45a Lanes 1-4	10:15a-12p Lanes 1-4	10:15a-11:45a Lanes 1-4	10:15a-12p Lanes 1-4		
	7:15p-8p Lanes 1-4						
OPEN SWIM	7a-8a Lanes 1-4				7a-8a Lanes 1-4		
	8:45a-10:15a Lanes 1-4 Deep End	9a-10:15a Lanes 1-4 Deep End	8a-10:15a Lanes 1-4 Deep End	8a-10:15a Lanes 1-4 Deep End	8:45a-10:15a Lanes 1-4		
		12p-2p Lanes 1-4 Deep End		12p-2p Lanes 1-4 Deep End			
SWIM LESSONS	9a-10:05am Lanes 1-2 Shallow	9a-10:05am Lanes 1-2 Shallow	9-10:05am Lanes 1-2 Shallow	9a-10:05am Lanes 1-2 Shallow		8:15a- 9a Lane 4 9a- 9:40a Lanes 1- 4 9:40am-10:45a Entire Pool 10:45am-11:25a Lanes 3-4	
	1p-1:35p Lanes 1-2 Shallow 1p-2:35p Lane 4	*12p-2p Lanes 1-4 Beginning 11/5	1p-1:35p Lanes 1-2 Shallow 1p-2:35p Lane 4	*12p-2p Lanes 1-4 Beginning 11/5			1p-3:25p Lanes 3-4 2:10p-3:15p Lanes 1-2 Shallow
	5:35p-6:55p Lanes 1-2 Shallow 4:30p-6:55p Lanes 3-4	5:35p-6:40p Lanes 1-2 Shallow 4:30-7:45p Lanes 3-4	5:35-6:05p Lanes 1-2 Shallow 4:30-7:15p Lanes 3-4	5-6:05p Lanes 1-2 Shallow 4:30-7:45p Lanes 3-4			

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

*No 8am Water Fitness 11/2

*Livestrong will be utilizing the pool for a class on 11/2 at 3pm-4:15pm

SWIM TESTS

Lane 4 is used as needed for swim tests.

***SAFETY AROUND WATER**

Tuesdays/Thursdays: 12pm-2pm 10/20-11/30 (no lessons 11/26)
Shallow/Middle of lanes 1-4

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

Middle School/High School Swim

Swim Meet dates for Nov:
Nov 13 Entire Aquatic Center closes at 5pm.
Nov 20 Entire Aquatic Center closes at 5pm.

SWIM TEST POLICY

Green-anywhere
Yellow-roped off shallow end only
Red-roped off shallow end only and must