

# Oct 1-31, 2019 LAP POOL Schedule- JERRY LONG FAMILY YMCA



## MONDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
5:00am	3:15pm	Lane 1	Lanes 2-6	(Program Pool opens at 7am)
3:15pm	3:45pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
3:45pm	6:15pm	No Open Swim	Lane 1	Swim Team Lanes 2-6
6:15pm	8:45pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
8:45pm	9:45pm	Lane 1	Lanes 2-6	

**West Forsyth HS  
try outs  
Oct. 30 & 31<sup>st</sup>:  
7:45pm-9pm**

## TUESDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
5:00am	3:15pm	Lane 1	Lanes 2-6	(Program Pool opens at 7am)
3:15pm	3:45pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
3:45pm	6:15pm	No Open Swim	Lane 1	Swim Team Lanes 2-6
6:15pm	8:45pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
8:45pm	9:45pm	Lane 1	Lanes 2-6	

## WEDNESDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
5:00am	3:15pm	Lane 1	Lanes 2-6	(Program Pool opens at 7am)
3:15pm	3:45pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
3:45pm	6:15pm	No Open Swim	Lane 1	Swim Team Lanes 2-6
6:15pm	9:00pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
9:00pm	9:45pm	Lane 1	Lanes 2-6	

## THURSDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
5:00am	6:00am	Lane 1	Lanes 2-6	(Program Pool opens at 7am)
6:00am	7:00am	No Open Swim	Lanes 1-3	Masters Swim Team Lanes 4-6
7:00am	3:15pm	Lane 1	Lanes 2-6	
3:15pm	3:45pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
3:45pm	6:15pm	No Open Swim	Lane 1	Swim Team Lanes 2-6
6:15pm	9:00pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
9:00pm	9:45pm	Lane 1	Lanes 2-6	

## FRIDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
5:00am	6:00am	Lane 1	Lanes 2-6	(Program Pool opens at 7am)
6:00am	7:00am	No Open Swim	Lanes 1-3	Masters & Swim Team Lanes 4-6
7:00am	3:15pm	Lane 1	Lanes 2-6	
3:15pm	3:45pm	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
3:45pm	6:15pm	No Open Swim	Lane 1	Swim Team Lanes 2-6
6:15pm	8:45pm	Lane 1	Lanes 1, 2	*Pool Closes Nov 1 <sup>st</sup> at 6:15pm

## SATURDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
7:00am	9:00am	No Open Swim	Lanes 1, 2	Swim Team Lanes 3-6
9:00am	6:45pm	Lane 1	Lanes 2-6	LG Training 5&12-Lanes 1,2: 12pm-3pm

## SUNDAY

START	END	OPEN SWIM	LAP SWIM	NOTES
12:00pm	6:45pm	Lanes 1, 2	Lanes 3-6	

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

- Lane changes are made by the lifeguard 5 minutes before the time indicates.
- Please get equipment (kickboards, pull buoys, etc) before entering the pool and please put them away after use.
- To avoid accidents please get the swimmer's attention that you are there before entering an occupied lane.
- If there are 2 swimmers in a lane they may elect to split the lane in half or circle swim; use circle swim when 3+ swimmers are in a lane.
- Pool rules must be followed (posted) and lifeguards have the final say including on all swim tests.