

Ward Family Center Y

Spring II Lap Pool Schedule: 4/28/2014-6/22/2014

- Children 7 and under must have an adult actively engaged in the water at all times
- Children 8-10 years old must have an adult on deck with them or in the water
- All children under 16 years old must complete a swim test before swimming
- Individual Swim Lessons may occur in any open lap lane.
- When lap lanes are not full, the lap lane with the stairs may be used for aqua exercises and/or open swim.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTE: The pool area always closes 15 minutes prior to center closing.	5:30-10:00 Lap Swim (6)	5:30-10:00 Lap Swim (6)	5:30-10:30 Lap Swim (6)	5:30-10:15 Lap Swim (6)	5:30-10:15 Lap Swim (6)	
						7:00-9:15 Lap Swim (6)
						9:15-10:45 Swim Lessons (2)
	10:00-10:45 Deep Water Jog (3) Lap Swim (3)			10:15-12:00 Water Fitness (3) Lap Swim (3)	10:15-11:00 Aqua Zumba (3) Lap Swim (3)	Lap Swim (4)
9:00-10:00 Lap Swim (6)	11:00-11:45 Aqua Zumba (3) Lap Swim (3)	10:00-11:45 Water Fitness (3) Lap Swim (3)	10:30-11:15 Water Fitness (4) Lap Swim (2)	12:00-4:00 Lap Swim (6)	11:00-3:45 Lap Swim (6)	10:45-11:30 Swim Lessons (2) Lap Swim (4)
10:00-10:45 Swim Lessons (1) Lap Swim (5)	11:45-3:45 Lap Swim (6)	11:45-4:00 Lap Swim (6)	11:15-3:45 Lap Swim (6)			11:30-12:15 Swim Lessons (2) Lap Swim (4)
10:45-11:30 Swim Lessons (2) Lap Swim (4)						12:15-1:00 Water Fitness (3) Lap Swim (3)
11:30-12:00 Swim Lessons (1) Lap Swim (5)	3:45-5:15 Endurance Clinic (3) until 5/5 Lap Swim (3)	4:00-6:00 Stroke Clinic (3) until 5/6 Lap Swim (3)	3:45-5:15 Endurance Clinic (3) until 5/7 Lap Swim (3)	4:00-6:00 Stroke Clinic (3) until 5/8 Lap Swim (3)	3:15-5:15 Endurance Clinic (3) until 5/9 Lap Swim (3)	1:00-6:45 Lap Swim (4) Open Swim (2)
12:15-1:00 Swim Lessons (2) Lap swim (4)	5:15-6:45 Lap Swim (6)		5:30-6:15 Water Fitness (3) Lap Swim (3)		5:15-6:00 Lap Swim (6)	
1:00-6:45 Lap Swim (4) Open Swim (2)	6:45-7:30 Aqua Zumba (3) Lap Swim (3)	6:00-6:45 Swim Lessons (2) Lap Swim (4)	6:15-9:45 Lap Swim (6)	6:00-6:45 Swim Lessons (2) Lap Swim (4)	6:00-6:45 Lap Swim (4) Swim Lessons (2)	
		6:45-7:30 Water Fitness (3) Lap Swim (3)		6:45-7:30 Aqua Zumba (3) Lap Swim (3)	8:00-9:45 Lap Swim (6)	
	8:00-9:45 Lap Swim (6)	7:30-9:45 Lap Swim (6)		7:30-9:45 Lap Swim (6)		
	SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE					