

## Dancel Family Center Y Summer Main Pool Schedule: 6/23/2014-8/17/2014

- \* There will be rec swim in the shallow end of the pool only.
- \*\* 1 Sunday per month there will be a SCUBA class from 1-5:30 pm; rec swim will be cancelled.

ADT LAP= Adult lap swim only DWJ= Deep Water Jog class

IND. LESSONs should be taught by Y staff only. If an ind. lesson lane is not being used for a lesson, it will become a lap lane.

## Children 7 and under must be accompanied by an adult in the water Children 10 and under are not permitted in the pool without parental supervision

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAP (6)	LAP (6)	LAP (6)	LAP (6)	LAP (6)	
<b>NOTE:</b> The		(5:30-6:15)		(5:30-6:15)		LAP (3)
pool area	(5:30-6:45)	LAP (1)	(5:30-6:45)	LAP (1)	(5:30-6:45)	WALK (1)
always closes		ADULT IV LESSON (5)		ADULT IV LESSON (5)		LESSON (2)
15 minutes	LAP (5)	(6:15-7:15)	LAP (5)	(6:15-7:15)	LAP (5)	(7:00 -9:00)
prior to	WALK (1)	LAP (5)	WALK (1)	LAP (5)	WALK (1)	
center	(6:45 -7:30)	WALK (1)	(6:45 -7:30)	WALK (1)	(6:45 -7:30)	DWJ/LESSON (3)
closing.	LAP (5)	(7:15-9:00)	LAP (5)	(7:15-9:00)	LAP (5)	ADT LAP (1)
	WALK (1)	LAP (2)	WALK (1)	LAP (2)	WALK (1)	LESSONS (2)
LAP (2)	(7:30 -9:00)	DWJ (4)	(7:30 -8:30)	DWJ (4)	(7:30 -9:00)	(9:00-9:45)
WF COMBO (4)	LAP (3)	(9:00-9:45)	BOOTCAMP(2) DWJ (4)	(9:00-9:45)	LAP (2)	
	DW1 (3)	CAMP (3)	(8:30-9:45)	CAMP (3)	DWJ (4)	
(9:00-10:00)	(9:00-9:45)	WF COMBO (3)	CAMP (3)	WF COMBO (3)	(9:00-9:45)	
LAP (3)	CAMP (3)	(9:45-11:00)	WF COMBO (4)	(9:45-11:00)	CAMP (3)	LAP (3)
LESSON (3)	WF COMBO (3)	LAP (3) (11:00-2:30)	(9:45-11:00)	LAP (3)	WF COMBO (3)	
(10:00-12:30)	(9:45-11:00)	CAMP (3) (11:00-3:30)	LAP (3)	CAMP (3)	(9:45-11:00)	LESSONS (3)
LAP (2)	LAP (3)	O.BROWN(2) (2:30-3:30)	CAMP (3)	(11:00-3:30)	LAP (3) (11:00-2:30)	
LESSON (4)	CAMP (3)	SWIM TEAM (4)	(11:00-3:30)	SWIM TEAM (4)	CAMP (3) (11:00-3:30)	(9:45-2:00)
(12:30-1:25)	(11:00-3:30)	LAP (2)	SWIMTEAM (4)	LAP (2)	OWEN BROWN (2)	
		(3:30 -5:00)	LAP (2)	(3:30 -5:15)	(2:30-3:30)	
LAP (4)	SWIMTEAM (4)	SWIM TEAM (5)	(3:30 -5:15)	SWIM TEAM (5)	SWIMTEAM (4)	
	LAP (2)	LAP (1)	SWIMTEAM (5)	LAP (1)	LAP (2)	
IND. LESSON (1)	(3:30 -5:00)	(5:15 -6:30)	LAP (1)	(5:15 -6:30)	(3:30 -5:15)	LAP (4)
	SWIMTEAM (5)	DWJ/REC (3)*	(5:15 -6:30)	DWJ/REC (3)*	SWIMTEAM (5)	
REC (1)**	LAP (1)	LAP (2)	LAP (3)	LAP (2)	LAP (1)	IND. LESSON (1)
	(5:15 -6:30)	LESSONS (1)	IND. LESSON (1)	LESSONS (1)	(5:15 -6:30)	
(1:30-6:45)	AQUA ZUMBA (4)	(6:30-7:30)	REC (2)	(6:30-7:30)	LAP (3)	REC (1)
	LAP (1)	LAP (3)	(6:30 -7:30)	LAP (3)	IND. LESSON (1)	
	IND. LESSON (1)	LESSONS (3)	LAP (4)	LESSONS (3)	REC (2)	(2:00-6:45)
	(6:45 -7:30)		WALK (1)		(6:30 -7:30)	
	LAP(5)	(7:30 -8:30)	LESSONS (1)	(7:30 -8:30)	LAP(5)	
	WALK(1)	MASTERS (6)	(7:30-9:45)	MASTERS (6)	WALK(1)	
	7:30 -9:45	(8:30-9:45)		(8:30-9:45)	7:30 -9:45	
	SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE					